### November 2020 Menu

#### Monday, Nov 2
- Beef Nachos w/Cheese & Salsa
- Corn
- Baby Lima Beans
- Fruit
- Fruit Juice
- Low/No Fat Milk

#### Tuesday, Nov 3
- Spaghetti w/Meat Sauce
- Vegetable Medley
- Green Beans
- Fruit
- Fruit Juice
- WG Roll
- Low/No Fat Milk

#### Wednesday, Nov 4
- Hamburger
- Sweet Potato Tots
- Baked Beans
- Fruit
- Fruit Juice
- Low/No Fat Milk

#### Thursday, Nov 5
- Oven Chicken
- Mashed Potatoes w/gravy
- Lima Beans
- Fruit
- Fruit Juice
- WG Roll
- Low/No Fat Milk

#### Friday, Nov 6
- Sloppy Joe on a Bun
- Oven Fries
- Broccoli w/ Ranch
- Fruit
- Fruit Juice
- Low/No Fat Milk

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#### Satsumas
- Contain good levels of calcium, which is necessary for strong bones and teeth.

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#### We are thankful for YOU!
<table>
<thead>
<tr>
<th>Monday, Nov 16</th>
<th>Tuesday, Nov 17</th>
<th>Wednesday, Nov 18</th>
<th>Thursday, Nov 19</th>
<th>Friday, Nov 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepperoni Pizza</td>
<td>PBJ Oven Fries</td>
<td>Turkey Roast</td>
<td>Beef Nachos</td>
<td>Chili w/ Cheese</td>
</tr>
<tr>
<td>Corn</td>
<td>Baby Carrots w/</td>
<td>Dressing Green</td>
<td>w/ Cheese &amp; Salsa</td>
<td>&amp; Beans</td>
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<tr>
<td>Steamed Broccoli</td>
<td>Ranch</td>
<td>Beans</td>
<td>Corn</td>
<td>Crackers</td>
</tr>
<tr>
<td>Fruit</td>
<td>Fruit</td>
<td>Cranberry Sauce</td>
<td>Black Beans</td>
<td>Tater Tots</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Low/ Fat Milk</td>
<td>WG Roll</td>
<td>Fruit</td>
<td>Baby Carrots w/</td>
</tr>
<tr>
<td>Low/ No Fat Milk</td>
<td></td>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
<td>Ranch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Low/ No Fat Milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**SATSUMAS** are coming soon!
These little citrus fruits are easy to peel and fun to eat, and they provide high doses of Vitamin C and synephrine -- a natural decongestant that helps relieve cold and allergy symptoms.

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I’m not afraid of storms, for I’m learning how to sail my ship.
-Louisa May Alcott

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**Thanksgiving**
Is a time to remember... our blessings and make good cheer with all those who are so dear!