NOVEMBER 2026 - HOT MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3 OZ SHRIMP & CHICKEN GUMBO 1/2 CUP WHITE RICE; 1 CUP SAUTEED SPINACH; 2 OZ WG CORNBREAD W/ BUTTER; 1/2 CUP APPLE; 8 OZ MILK V: TOFU GUMBO	**2** 3 OZ CHICKEN PICCATA 1/2 CUP MASHED POTATOES; 1/2 CUP GREEN BEANS; 2 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP ORANGE; 8 OZ MILK V: TOFU PICCATA	**3** 3 OZ LEMON PEPPER FLOUNDER 1 CUP BROWN RICE PILAF; 1 CUP SAUTEED SPINACH; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP FRUIT CUP; 8 OZ MILK V: LEMON PEPPER TOFU	**4** 3 OZ CREAMY BEEF STROGANOFF 1 CUP WG EGG NOODLES; 1 CUP GREEN BEANS, PEAS, & CARROTS; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLESAUCE; 8 OZ MILK V: CHICKPEA STROGANOFF	**5** 3 OZ TURKEY ENCHILADA BOWL 1 CUP QUINOA & BLACK BEANS; 1 CUP GREEN PEPPERS, ONIONS; 2 OZ CORNBREAD W/ BUTTER; 1/2 CUP FRUIT CUP; 8 OZ MILK V: CHICKPEA ENCHILADA BOWL	**6** 3 OZ CHICKEN ALFREDO 1 CUP WG PASTA; 1 CUP SAUTEED SPINACH; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLE; 8 OZ MILK V: TOFU ALFREDO	**7** 3 OZ TURKEY BURGER 1 OZ CHEDDAR CHEESE; 1 CUP ROASTED VEGETABLES; 2 OZ WG BURGER BUN; 1/2 CUP ORANGE; 8 OZ MILK V: BEAN BURGER
8 4 OZ TURKEY TETRAZZINI 1 CUP WG PASTA; 1 CUP PEAS, CARROTS & ZUCCHINI; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP ORANGE; 8 OZ MILK V: TOFU TETRAZZINI	**9** 3 OZ BAKED FLOUNDER 1 CUP WG BROWN RICE PILAF; 1 CUP VEGETABLE BLEND; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLE; 8 OZ MILK V: BAKED TOFU	**10** 3 OZ TURKEY MEAT SAUCE 1 CUP WG SPAGHETTI PASTA; 1 CUP SAUTEED SPINACH; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP FRUIT CUP; 8 OZ MILK V: TOFU SAUCE/PASTA	**11** 3 OZ SLICED CHICKEN STIR FRY 1 CUP WG BROWN FRIED RICE; 1 CUP STIR FRY VEGETABLES W/ PEAS; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLESAUCE; 8 OZ MILK V: TOFU STIR FRY	**12** 3 OZ BEEF CHILI W/ CHEESE & SOUR CREAM 1/2 CUP BROWN RICE & 1/2 CUP BLACK BEANS; 1 CUP GREEN PEPPERS, ONIONS; 2 OZ WG CORNBREAD W/ BUTTER; 1/2 CUP ORANGE; 8 OZ MILK V: CHICKPEA CHILI	**13** 3 OZ CAJUN CHICKEN PASTA 1 CUP WG PASTA; 1 CUP MIXED VEGETABLES; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLESAUCE; 8 OZ MILK V: CAJUN TOFU PASTA	**14** 3 OZ BEEF BURGER 1 OZ CHEESE; 1 CUP VEGETABLE BLEND; 2 OZ WG BURGER BUN; 1/2 CUP APPLE; 8 OZ MILK V: BEAN BURGER
15 3 OZ ORANGE CHICKEN 1 CUP WG BROWN FRIED RICE; 1 CUP STIR FRY VEGETABLES; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLESAUCE; 8 OZ MILK V: ORANGE TOFU	**16** 3 OZ SHRIMP & CHICKEN JAMBALAYA 1 CUP WG BROWN RICE; 1 CUP GREEN PEPPERS, ONIONS; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLE; 8 OZ MILK V: CHICKPEA JAMBALAYA	**17** 3 OZ MEATBALLS & PUTTANESCA SAUCE 1 CUP WG PASTA; 1 CUP VEGETABLE BLEND; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP ORANGE; 8 OZ MILK V: TOFU PASTA	**18** 3 OZ SWEET & SOUR CHICKEN 1/2 CUP FRIED RICE; 1 CUP STIR FRY VEGETABLES W/ PEAS; 2 OZ WG CORNBREAD W/ BUTTER; 1/2 CUP FRUIT CUP; 8 OZ MILK V: SWEET AND SOUR TOFU	**19** 3 OZ TURKEY MEATLOAF W/ GRAVY 1/2 CUP PARMESAN MASHED POTATOES; 1/2 CUP SPINACH & CARROTS; 2 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP ORANGE; 8 OZ MILK V: CHICKPEA MEATLOAF	**20** 3 OZ CREAMY DILL CHICKEN 1/2 CUP ROASTED POTATOES; 1/2 CUP GREEN BEANS; 2 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLESAUCE; 8 OZ MILK V: CREAMY DILL TOFU	**21** 3 OZ THREE BEAN TURKEY CHILI 1/2 CUP BROWN RICE; 1 CUP PEPPERS & ONIONS; 2 OZ WG CORNBREAD W/ BUTTER; 1/2 CUP FRESH ORANGE; 8 OZ MILK V: CHICKPEA/BEAN CHILI
22 3 OZ HOISIN CHICKEN 1/2 CUP BROWN FRIED RICE; 1 CUP STIR FRY VEGETABLES; 2 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLESAUCE; 8 OZ MILK V: HOISIN TOFU	**23** 3 OZ TURKEY W/ GRAVY 1/2 CUP STUFFING; 1 CUP VEGETABLE BLEND; 1 OZ DINNER ROLL; PUMPKIN PIE - 1/2 CUP PUMPKIN; 8 OZ MILK V: TOFU W/ GRAVY	**24** 2 OZ SHRIMP W/ LEMON CREAM SAUCE 1 CUP WG PASTA; 1 CUP GREEN BEANS & CARROTS; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLESAUCE; 8 OZ MILK V: TOFU W/ LEMON CREAM SAUCE	**25** 3 OZ STREET CORN CHICKEN 1/2 CUP MASHED POTATOES; 1/2 CUP SAUTEED SPINACH; 2 OZ WG CORNBREAD W/ BUTTER; 1/2 CUP ORANGE; 8 OZ MILK V: STREET CORN CHICKPEA	**26** 3 OZ TURKEY TACOS 1 CUP SPANISH RICE/BLACK BEANS; 1 CUP GREEN PEPPERS & ONIONS; 2 OZ WG FLOUR TORTILLAS; 1/2 CUP FRUIT CUP; 8 OZ MILK V: TOFU TACOS	**27** 3 OZ CURRY CHICKEN 1/2 CUP BROWN RICE; 1 CUP SAUTEED SPINACH; 2 OZ WG PITA BREAD; 1/2 CUP ORANGE; 8 OZ MILK V: CURRIED TOFU	**28** 3 OZ SALISBURY STEAK 1/2 CUP MASHED POTATOES; 1/2 CUP MIXED VEGETABLES; 2 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLE; 8 OZ MILK V: BEAN BURGER
29 3 OZ TURKEY BOLOGNESE 1 CUP WG PASTA; 1 CUP SAUTEED SPINACH; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP APPLE; 8 OZ MILK V: TOFU BOLOGNESE	**30** 3 OZ CHICKEN & MUSHROOM SAUCE 1 CUP WG PASTA; 1 CUP MIXED VEGETABLES; 1 OZ WG DINNER ROLL W/ BUTTER; 1/2 CUP ORANGE; 8 OZ MILK V: TOFU & MUSHROOM SAUCE					