VDA ALEXANDRIA HOT MENU
November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 4 oz Rockfish ½ c WG Rice 1 oz WG Biscuit w Margarine 1 c Romaine w Italian ½ c Balsamic Crispy Slaw ½ c Pear 1 c Milk ***Vegetarian: Same***	**2** 3oz Meatloaf & Gravy 2 oz WG Roll w Margarine ½ c Roasted, Diced Potatoes ½ c Green Beans ¾ c Apple Crisp 1 c Milk ***Vegetarian: 3 oz Vegetarian Patty***	**3** 3 oz Moroccan Chicken ½ c Curried Couscous 1 oz WG Roll w Margarine ½ c Broccoli Florets ½ c Lentils ½ c Cantaloupe ADSC: Fruit Cup 1 c Milk ***Vegetarian: 3 oz Moroccan Chicks Strips***	**4** 3 oz Barbecue Chicken *(3/8 c) #10 scoop* 1 (2oz) Potato Roll 1 c Spinach Salad w Balsamic Vinaigrette ½ c Baked Beans ¾ c Peach Cobbler 1 c Milk ***Vegetarian: 3 oz BBQ Chicken Patty***
7 3 oz Apricot Chicken ½ c WG Noodles 1 oz WG Roll w Margarine ½ c Winter Squash ½ c Peas ½ c Tropical Fruit Salad 1 c Milk ***Vegetarian: 3 oz Chix Patty Apricot***	**8** 1 Stuffed Cabbage *3 oz Beef + 1 oz Cheese* 2 oz WG Roll w Margarine 1 c Romaine Salad Italian ½ c Carrot Coins ½ c Watermelon 1 c Milk ***Vegetarian: ½ c Vegetarian Goblaki***	**9** 1 ¼ c Chicken Pot Pie *3 oz Chicken, ½ c Peas & Carrots* 2 oz WG Biscuit ½ c Steamed Greens ½ c Pears 1 c Milk ***Vegetarian 3 oz Grilled Chix Strips Pot Pie***	**10** 4 oz Salisbury Steak 2 oz WG Roll w Margarine ½ c Mashed Potatoes 1 c Tossed Salad w Ranch 1 Banana 1 c Milk ***Vegetarian: 3 oz Veggie Patty***	**11** 2 sl. Chicken, Peperoni, Sausage, Vegetable, or Cheese Pizza 1 c Ceasar Salad 1 c Sliced Peaches ½ c Fruit Punch 1 c Milk
14 1 Stuffed Peppers *3 oz beef ½ c WG Rice* 1 oz WG Biscuit w Margarine ½ c Corn ½ c Italian Tomato Salad ½ c Mango 1 c Milk ***Vegetarian: Pepper stuffed with ¾ Beans & ½ c Rice***	**15** 3 oz. Turkey Burger w/ Cheese 2 oz Potato Bun 1 ½ c Vegetable Soup ¼ c Shredded Lettuce ¼ c Sliced Tomato ½ c Cherry Crisp 1 c Milk ***Vegetarian: Same***	**16** 3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Margarine ½ c Sweet Potatoes ½ c Green Beans Almandine ¾ c Cherry Crisp 1 c Milk ***Vegetarian: 3 oz Chicks Strips***	**17** 4 oz Fish Fillet w Ketchup 1 c Bolivian Rice ½ c Steamed Zucchini 1 c Spinach Salad w Italian 1 Banana 1 c Milk ***Vegetarian: Same***	**18** 1 Oven Fried Chicken Breast 4 oz 2 oz WG Biscuit w Margarine ½ c Broccoli ½ c Red Beans 1 Apple (6 Apple Slices) ADSC: Fruit Cup 1 c Milk ***Vegetarian: 2 CN Cheese Enchilada 1 ½ oz meat alternate and 2 oz WG plus 1 oz cheese stick***
21 4 oz Chicken Cacciatore *4 oz Chicken & ½ c Sauce* ½ c Spaghetti 1 WG Breadstick 2oz 1 c Spinach Salad w Italian ½ c Parmesan Squash ½ c Applesauce 1 c Milk ***Vegetarian: 3 oz Chix Strips Cacciatore***	**22** 1 ½ c Beef Stew • *4 oz beef, ½ c carrots, potatoes, peas* ½ c WG Noodles 1 oz WG Biscuit ½ c Green Beans 1 Banana 1 c Milk ***Vegetarian: 1 ½ c Soy Protein Stew***	**23** 3 oz Turkey w/Gravy 2 oz WG Roll ½ c Collards Greens ½ c Stuffing ½ c Macaroni & Cheese ¼ c Cranberry Sauce 1 sl. Sweet Potato Pie 1 c Milk ***Vegetarian: 3 oz Chicks Tenders***	***Thanksgiving*** **24** 	***Center Closed*** **25**
28 3 oz Seasoned Chicken Fajita 2 – 6 in Tortillas 2oz ½ c Peppers & Onions 1 c Romaine Salad w Italian ½ c Red Beans 1 c Milk ***Vegetarian: 3 oz Chicks Strips Fajita***	**29** 1 ¼ c Beef & Macaroni Casserole *4 oz beef, ½ c noodles* 1 oz WG Roll w Margarine ½ c Creamed Spinach ½ c Carrots ½ c Pineapple 1 c Milk ***Vegetarian: 3 oz Soy Protein & Macaroni***	**30** 1 c Red Velvet Chili *½ c Beef & Beans, ½ c beets* 2 oz WG Biscuit w Margarine ½ c Corn ½ c Cantaloupe ADSC: Fruit Cup 1 c Milk ***Vegetarian: 1 c Vegetarian Chili***		