



NOVEMBER 2024

MON	TUE	WED	THU	FRI
MOW	IN-PERSON, MOW, GRAB N' GO	MOW & GRAB 'N GO	MOW & GRAB 'N GO	MOW
				Milk or Juice available with each meal
4 Frozen Meal	5 Spaghetti Steamed Vegetables Yogurt & Fresh Berries Biscotti	6 Chef's Special	7 Cheeseburger Lettuce and Tomato Roasted Brussel Sprouts Betty's Pumpkin Cake	8 Frozen Meal
11 Frozen Meal	12 Pumpkin Bisque w/Crispy Onions Buttered Lima Beans Cottage Cheese & Garlic Toast Mandarin Oranges	13 Chef's Salad Whole Wheat Roll w/ Butter Cinnamon Applesauce	14 Chef's Special	15 Frozen Meal
18 Frozen Meal	19 Beef Pot Roast Garlic Mashed Potatoes Roasted Asparagus Spinach Pear Salad Brownie	20 Cheese Ravioli with Wild Mushroom Cream Roasted Carrots Marinated Artichokes Yogurt & Grapes	21 Chicken Enchiladas Calabacitas Tortilla Chips Pico de Gallo Pineapple	22 Frozen Meal
25 Frozen Meal	26 Baharat Roasted Chicken Thigh Lemon Orzo Sauteed Greens Marinated Cucumbers Lemon Poppy Seed Cake	27 HOLIDAY MEAL Honey Baked Ham Mashed Sweet Potatoes Green Bean Casserole Stuffing & Cranberry Sauce Roll with butter Red Velvet Cupcake 		28 <i>Closed for the Holiday</i>
				29 <i>Closed for the Holiday</i> 