



**White Pine Nutrition Program
NOVEMBER 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Scrambled Eggs Hash Browns Pineapple Chunks Bagels/Cream Cheese	2 Baked Fish Baked Potato Veggies Fruit	3 Honey Lemon Chicken Rice Pilaf Veggies Fruit	4 BBQ Beef Sand Corn on Cob Spinach Coleslaw Pudding
7 Shepard's Pie Fresh Spinach Italian Dressing Banana Biscuit	8 Pork Roast Potato Salad Veggies Fruit	9 Chicken Noodle Soup Turkey Sandwich Fruit	10 Meat Loaf Mashed Potatoes Steamed Spinach Fruit Cocktail	11 
14 Sloppy Joes Onion Roasted Potatoes Baby Carrots Banana	15 Chicken Strips Steak Fries Beet Salad Fruit Cup	16 Pork Chops Scalloped Potatoes Veggies Fruit	17 Salisbury Steak Gravy/Noodles Veggies Fruit	18 Turkey/Stuffing Mashed Potatoes/Gravy Colorful Salad Corn Roll/Cranberry Sauce Pumpkin Pie/Apple
21 Lemon Baked Fish Wild Rice Squash 3 Bean Salad Orange	22 Nacho Tostados Lettuce/Tomato/Onion Salsa Fruit	23 Pork Roast Red Potatoes Mixed Veggies Salad Peaches Muffin	24 CLOSED THANKSGIVING DAY 	25 CLOSED FAMILY DAY 
28 Minestrone Soup Grilled Cheese Sand Romaine/Tomato Salad Fresh Fruit	29 Beef Burritos Spanish Rice Tomato/Lettuce Fruit	30 Herb Baked Chicken Baked Potato Herb Veggie Medley W/W Bread Fresh Apple		

2% Milk served daily

MENU SUBJECT TO CHANGE WITHOUT NOTICE

HOME BOUND PLEASE CALL BEFORE 8AM IF YOU WILL NOT BE HOME 289-2742

Gravy served with Mashed Potatoes