






**White Pine Nutrition Program
NOVEMBER 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Breast on W/W Bun Lettuce/Tomato/Onion Baby Carrots Ranch Beans Fruit / Chips	2 Chicken Fried Steak Mashed Potatoes Marinated Garden Salad Fruit	3 #29 Shepard's Pie Fresh Spinach Italian Dressing Apricot Bran Muffin Banana
6 Beef Vegetable Soup Grilled Cheese Sandwich on W/W Fruit	7 #26 Lemon Baked Fish Parsley New Potatoes Peas/Onions Cantaloupe Chunks W/W Roll	8 Herbed Pork Loin Stuffing/Gravy Broccoli/Cauliflower Fruit	9 #3 Meat Loaf Mashed Potatoes Steamed Spinach W/W Bread Mixed Fruit	10 CLOSED Veteran's Day 
13 #146 Scrambled Eggs Biscuit/Sausage Gravy Peaches	14 Beef Hot Dogs/Bun Potato Salad 3 Bean Salad Fruit	15 #102 Chicken & Dumplings with Peas Carrot/Raisin Salad Mixed Fruit	16 Taco Salad Lettuce/Tomato/Onion Salsa/Sour Cream Fruit	17 #4 Turkey/Stuffing Mashed Potatoes/Gravy Green Beans/Mushrooms W/W Roll Cranberry Sauce Pumpkin Pie/Apple
20 Chili Corn Bread Mixed Green Salad Fruit	21 #73 Herb Baked Chicken Baked Potato Herbed Veggie Medley Fruit W/W Roll	22 #39 Spaghetti Meat/Sauce Squash Green Salad W/W Bread Fruit	23 CLOSED THANKSGIVING DAY 	24 CLOSED FAMILY DAY
27 Baked Chicken Tenders Baked Potato Wedges Beet Salad Fruit	28 #164 Herb Baked Pork Chop Baked Yams Green Beans Pears W/W Bread	29 #106 Beef Stroganoff over Noodles Baked Squash Orange Spinach Salad W/W Roll	30 Split Pea Soup Cold Deli Sand w/Cheese on W/W Bread Lettuce/Tomato Mixed Fruit	

2% Milk served daily

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Gravy served with Mashed Potatoes

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