




**White Pine Nutrition Program
NOVEMBER 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lemon Garlic Baked Salmon Mac & Cheese Key West Veggies Fresh Fruit Dessert
4 French Dip Carrot/Raisin Salad Baked Fries Melon Mix	5 #13 Chili Cornbread Mixed Green Salad LSLF Italian Dressing Fruit Mix	6 Breaded Tilapia Holiday Bean Salad Tartar Sauce Brown Rice Pilaf Applesauce WW Roll	7 #12 BBQ Pork Sandwich WW Bun Steamed Spinach Coleslaw Mandarin Oranges	8 Chicken Fried Steak Mashed Potatoes/Gravy Capri Veggies Fruit Dessert
11  CLOSED VETERANS DAY	12 #18 Salmon with Angel Hair Pasta Asparagus Fresh Orange	13 Taco Salad with Beans WW Shell Lettuce/Tomato/Onion Steamed Carrots Salsa/Sour Cream Fruit	14 #36 Minestrone Soup Grilled Cheese WW Bread Sliced Tomato Chopped Romain Fresh Fruit	15 Turkey/Stuffing Mashed Potatoes/Gravy Winter Blend Veggies Whole Cranberry Sauce Fresh Apple/WW Roll Pumpkin Pie
18 Crab Salad Lettuce/Tomato/Egg Tomato Basil Soup Fruit Garlic Bread	19 #3 Meat Loaf Mashed Potatoes Gravy Steamed Spinach WW Bread Tropical Fruit Mix	20 #179 Herb Crusted Pork Chop Baked Yam Green Beans Pears WW Roll	21 Pepperoni Pizza Garden Salad with Garbonzo Beans Fruit	22 #14 Cheese Burger WW Bun Lettuce/Tomato/Onion Baked Beans Mixed Veggies Melons Birthday Cake
25 Herb Baked Pork Roast California Blend Veggie Augratin Potatoes Fruit	26 #26 Lemon Baked Tilapia Parsley Potatoes Zucchini Garden Salad Cantaloupe WW Roll	27 Open Face Roast Beef Sandwich WW Bread Mashed Potatoes/Gravy Peas/Carrots Fruit	28 CLOSED THANKSGIVING DAY 	29 CLOSED FAMILY DAY 

2% Milk served daily

Gravy served with Mashed Potatoes

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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