

WEEK 6	MONDAY 10/30	TUESDAY 10/31	WEDNESDAY 11/1	THURSDAY 11/2	FRIDAY 11/3
<b><u>Breakfast</u></b>  Suggested Contribution of \$1.00  Guests required to pay \$1.50	Scrambled Eggs w/ Swiss Oatmeal Whole Wheat Bread Apple Orange Juice Milk, Low Fat, 1%	Turkey Sausage Link Wheat Flake Cereal Whole Wheat Bread Mixed Berries Pineapple Juice Milk, Low Fat, 1%	Grilled Cheddar Cheese Oatmeal with Almonds & Raisins Orange Apple Juice Milk, Low Fat, 1%	Turkey Bacon Raisin Bran Cereal Whole Wheat Bread Apricots Orange Pineapple Juice Milk, Low Fat, 1%	Eggs Benedict Oatmeal w/Almonds & Raisins Banana Orange Juice Milk, Low Fat, 1%
<b><u>Lunch</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Stewed Chicken Breast Brown Rice w/Mushrooms Whole Wheat Bread Sautéed Spinach Orange Milk, Low Fat, 1%	Turkey Meatloaf Whole Wheat Bread Homemade Mashed Potatoes Steamed Green Beans Apple Milk, Low Fat, 1%	Chili con Carne White rice Whole Wheat Bread Roasted Broccoli Cantaloupe Milk, Low Fat, 1%	Homemade Roast Pork Spanish Style Cuban Black Beans Whole Wheat Bread Mixed Green Salad Banana Milk, Low Fat, 1%	Baked Tilapia Amandine Couscous w/ Peas & Lemon Whole Wheat Bread Cabbage Carrot Slaw Pear Milk, Low Fat, 1%
<b><u>Dinner</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Butternut Squash Soup Egg Salad OR Tuna Fish Salad Challah Bread Mixed Green Salad Baked Apple Milk, Low Fat, 1%	Whole Wheat Pasta Primavera w/Cheese Whole Wheat Bread Garden Salad Orange Milk, Low Fat, 1%	Egg Drop Soup Chicken and Broccoli Stir Fry Brown Rice Fresh Pineapple Milk, Low Fat, 1%	White Bean Soup Ravioli w/ Tomato Sauce Whole Wheat Dinner Roll Baby Spinach Salad Pear Milk, Low Fat, 1%	Cheeseburger w/Onions —OR— Veggie Burger Whole Wheat Burger Bun Mixed Green Salad Oven Ready Fries Orange Milk, Low Fat, 1%

<b>WEEK 1</b>	<b>MONDAY 11/6</b>	<b>TUESDAY 11/7</b>	<b>WEDNESDAY 11/8</b>	<b>THURSDAY 11/9</b>	<b>FRIDAY 11/10</b>
<b><u>Breakfast</u></b>  Suggested Contribution of \$1.00  Guests required to pay \$1.50	Hard Boiled Egg Wheat Flake Cereal Banana Orange Juice Milk, Low Fat, 1% Grape Jelly	Pork Sausage Link Waffles Bran Flakes Cereal Orange Pineapple Juice Milk, Low Fat, 1% <b>ELECTION DAY. GO VOTE!</b>	Grilled Mozzarella & Tomato Sandwich Shredded Wheat Cereal Apple Orange Pineapple Juice Milk, Low Fat, 1%	Pancakes Turkey Bacon Toasted Oats Cereal Mixed Berries Pear Milk, Low Fat, 1% Syrup	Eggs Benedict Oatmeal w/Raisins Orange Juice Milk, Low Fat, 1%
<b><u>Lunch</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Baked Ziti w/Cheese Whole Wheat Dinner Roll Mixed Green Salad Orange Milk, Low Fat, 1%	Baked Chicken Quarters Whole Wheat Bread Baked Sweet Potato Sautéed Spinach Apple Milk, Low Fat, 1% <b>ELECTION DAY. GO VOTE!</b>	Beef Stroganoff w/Noodles Whole Wheat Dinner Roll Broccoli w/Toasted Garlic Banana Milk, Low Fat, 1%	Italian Roasted Pork Tenderloin Brown Rice w/Mushrooms Whole Wheat Bread Carrot Salad Cantaloupe Milk, Low Fat, 1%	Baked Salmon Brown Rice Whole Wheat Bread Braised Collard Greens Orange Milk, Low Fat, 1%
<b><u>Dinner</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Split Pea Soup Cod Fillet O' Fish Sandwich -OR- Whole Wheat Dinner Roll Mixed Green Salad Orange Milk, Low Fat, 1%	Lentil Soup Cheese Pierogies w/Sour Cream Challah Bread Baby Spinach Salad Banana Milk, Low Fat, 1% <b>ELECTION DAY. GO VOTE!</b>	Baked Turkey Breast Whole Wheat Bread Mixed Green Salad Roasted Sweet Potato Fries Cantaloupe Milk, Low Fat, 1%	Cheese Manicotti Whole Wheat Bread Baby Spinach Salad Banana Milk, Low Fat, 1%	A Nice Vegetable Soup Hamburgers -OR- Veggie Burger Patty Whole Wheat Burger Bun Mixed Green Salad Apple Milk, Low Fat, 1%

WEEK 2	MONDAY 11/13	TUESDAY 11/14	WEDNESDAY 11/15	THURSDAY 11/16	FRIDAY 11/17
<b><u>Breakfast</u></b>  Suggested Contribution of \$1.00  Guests required to pay \$1.50	Egg Frittata w/Potatoes & Peas  Bran Flakes Cereal  Apple Juice  Pear  Milk, Low Fat, 1%	Cinnamon French Toast  Turkey Bacon  Oatmeal w/Raisins & Almonds  Mixed Berries  Orange Pineapple Juice  Milk, Low Fat, 1%  Syrup	Muenster Cheese w/Tomato on Whole Wheat Bread  Pineapple Juice  Orange  Milk, Low Fat, 1%	Pork Sausage Link  Waffles  Oatmeal w/Raisins & Almonds  Apple Juice  Tangerine  Milk, Low Fat, 1%  Syrup	Eggs Benedict  Raisin Bran Cereal  Apple  Orange Juice  Milk, Low Fat, 1%
<b><u>Lunch</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Baked Mushroom Chicken White Rice Whole Wheat Bread Baby Carrots w/Parsley Orange Milk, Low Fat, 1%	Spaghetti w/Beef Meatballs in Tomato Sauce  Whole Wheat Bread California Blend Vegetables Apple  Milk, Low Fat, 1%	BBQ Chicken Breasts Whole Wheat Bread Braised Collard Greens Mashed Potatoes Banana Milk, Low Fat, 1%	Baked Breaded Pork Chops Black Beans and Rice -OR-Whole Wheat Bread Cucumber Tomato Salad Cantaloupe Milk, Low Fat, 1%	<b>THANKSGIVING LUNCH</b>  <b>TWO SEATINGS</b>  <b>11:30AM &amp; 1:00PM</b>  <b>OBTAIN YOUR TICKETS IN THE MAIN OFFICE STARTING FRIDAY, NOVEMBER 10TH.</b>
<b><u>Dinner</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Butternut Squash Soup Salmon Burger Whole Wheat Burger Bun Mixed Green Salad Orange Milk, Low Fat, 1%	Chicken Barley soup Blueberry Blintzes Whole Wheat Bread Tossed Salad w/ Dressing Cantaloupe Milk, Low Fat, 1%	Tomato Rice Soup Tuna Fish Salad —OR— Egg Salad Whole Wheat Mini Bagel Arugula Salad w/ Balsamic Vinegar Banana Milk, Low Fat, 1%	Boars Head Roast Beef Whole Wheat Bread Baby Spinach Salad Mashed Potatoes Pineapple Milk, Low Fat, 1%	<b>THANKSGIVING LUNCH!</b>

<b>WEEK 3</b>	<b>MONDAY 11/20</b>	<b>TUESDAY 11/21</b>	<b>WEDNESDAY 11/22</b>	<b>THURSDAY 11/23</b>	<b>FRIDAY 11/24</b>
<b><u>Breakfast</u></b>  Suggested Contribution of \$1.00  Guests required to pay \$1.50	Scrambled Eggs w/ Swiss Oatmeal Whole Wheat Mini Bagel Apple Orange Juice Milk, Low Fat, 1%	French Toast w/Syrup Turkey Bacon Wheat Flake Cereal Mixed Berries Pineapple Juice Milk, Low Fat, 1%	Grilled Cheddar Cheese Creamy Apple Raisin Oatmeal Orange Apple Juice Milk, Low Fat, 1%	<b>CENTER CLOSED. HAPPY THANKSGIVING!</b>	<b>CENTER CLOSED. HAPPY THANKSGIVING!</b>
<b><u>Lunch</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Vegetarian Lasagna Whole Wheat Bread Baby Spinach Salad Pear Milk, Low Fat, 1%	Stewed Pork Chops Whole Wheat Bread Braised Collard Greens Mashed Potatoes Orange Milk, Low Fat, 1%	Chili con Carne Brown Rice Tossed Salad w/Dressing Cantaloupe Milk, Low Fat, 1%	<b>CENTER CLOSED. HAPPY THANKSGIVING!</b>	<b>CENTER CLOSED. HAPPY THANKSGIVING!</b>
<b><u>Dinner</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Butternut Squash Soup Chicken Salad Whole Wheat Bread Mixed Green Salad Baked Apple Milk, Low Fat, 1%	Whole Wheat Pasta Primavera w/Cheese Whole Wheat Bread Garden Salad Orange Milk, Low Fat, 1%	Egg Drop Soup Chicken and Broccoli Stir Fry Brown Rice Fresh Pineapple Milk, Low Fat, 1%	<b>CENTER CLOSED. HAPPY THANKSGIVING!</b>	<b>CENTER CLOSED. HAPPY THANKSGIVING!</b>

<b>WEEK 4</b>	<b>MONDAY 11/27</b>	<b>TUESDAY 11/28</b>	<b>WEDNESDAY 11/29</b>	<b>THURSDAY 11/30</b>	<b>FRIDAY 12/1</b>
<b><u>Breakfast</u></b>  Suggested Contribution of \$1.00  Guests required to pay \$1.50	Hard Boiled Egg Raisin Bran Cereal Whole Wheat Bread Apricots Orange Juice Milk, Low Fat, 1% Cream Cheese	Turkey Sausage Link Wheat Flake Cereal Whole Wheat Bread Apple Pineapple Juice Milk, Low Fat, 1%	Grilled Mozzarella & Tomato Sandwich Shredded Wheat Cereal Apple Juice Banana Milk, Low Fat, 1%	Pancakes Oatmeal w/Almonds & Raisins Orange Pineapple Juice Orange Milk, Low Fat, 1% Syrup	Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple Orange Juice Milk, Low Fat, 1%
<b><u>Lunch</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Arroz con Pollo (Chicken Breast w/Rice) Whole Wheat Bread Kale w/Tomato Apple Milk, Low Fat, 1%	Deluxe Cheeseburger w/ Onions on a Whole Wheat Hamburger Bun Arugula Salad w/Balsamic Vinegar Roasted Potatoes Orange Milk, Low Fat, 1%	Baked Ziti w/Meat Sauce Whole Wheat Bread Mixed Green Salad Cantaloupe Milk, Low Fat, 1%	Baked Chicken Quarters Brown Rice Asian Cabbage Banana Milk, Low Fat, 1%	Baked Salmon w/Cilantro Citrus Sauce Brown Rice Whole Wheat Bread California Blend Vegetables Pear Milk, Low Fat, 1%
<b><u>Dinner</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Split Pea Soup Cod Fillet O' Fish Sand- wich Whole Wheat Roll Mixed Green Salad Orange Milk, Low Fat, 1%	Lentil Soup Cheese Pierogies w/ Sour Cream Challah Bread Baby Spinach Salad Banana Milk, Low Fat, 1%	Baked Turkey Breast Whole Wheat Bread Mixed Green Salad Roasted Sweet Potato Fries Cantaloupe Milk, Low Fat, 1%	Cheese Manicotti Whole Wheat Bread Baby Spinach Salad Apple Milk, Low Fat, 1%	Nice Vegetable Soup Cheeseburger w/Onions —OR—Veggie Burger Whole Wheat Burger Bun Mixed Green Salad Oven Ready Fries Orange Milk, Low Fat, 1%



WEEK 5	MONDAY 12/4	TUESDAY 12/5	WEDNESDAY 12/6	THURSDAY 12/7	FRIDAY 12/8
<b><u>Breakfast</u></b>  Suggested Contribution of \$1.00  Guests required to pay \$1.50	Egg Frittata w/Potatoes & Peas  Cheerios  Apple Juice  Pear  Milk, Low Fat, 1%	Turkey Bacon  Oatmeal w/Almonds & Raisins  Whole Wheat Bread  Apricots  Orange Pineapple Juice  Milk, Low Fat, 1%  Syrup	Muenster Cheese on Whole Wheat Bread  Bran Flakes Cereal  Orange  Pineapple Juice  Milk, Low Fat, 1%	Pork Sausage Link  Oatmeal w/Almonds & Raisins  Apple Juice  Apple  Milk, Low Fat, 1%  Syrup	Eggs Benedict  Raisin Bran Cereal  Fruit Cocktail  Orange Juice  Milk, Low Fat, 1%
<b><u>Lunch</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Baked Asian Style Honey Chicken  Baked Brown Rice Pilaf  Chinese Style Steamed Cauliflower  Cantaloupe  Milk, Low Fat, 1%	Baked Pork  Whole Wheat Bread  Collard Greens  Roasted Potatoes  Apple  Milk, Low Fat, 1%	Vegetarian Lasagna  Garlic Bread  Broccoli & Red Peppers  Banana  Milk, Low Fat, 1%	BBQ Chicken Leg Quarters  Whole Wheat Bread  California Blend Vegetables  Garlic Mashed Potatoes  Orange  Milk, Low Fat, 1%	Parmesan Baked Tilapia  Whole Wheat Bread  Whole Wheat Pasta Primavera w/Cheese  Baby Carrots w/Parsley  Pear  Milk, Low Fat, 1%
<b><u>Dinner</u></b>  Suggested Contribution of \$1.50  Guests required to pay \$3.00	Butternut Squash Soup  Salmon Burger  Whole Wheat Burger Bun  Mixed Green Salad  Apple  Milk, Low Fat, 1%	Chicken Barley Soup  Blueberry Blintzes  Whole What Bread  Tossed Salad w/ Dressing  Orange  Milk, Low Fat, 1%	Tomato Rice Soup  Tuna Fish Salad  —OR—  Egg Salad  Whole Wheat Mini Bagel  Arugula Salad w/Balsamic Vinegar  Fresh Pineapple  Milk, Low Fat, 1%	Split Pea Soup  Roast Beef  Whole Wheat Bread  Baby Spinach Salad  Mashed Potatoes  Banana  Milk, Low Fat, 1%	Cheeseburger w/Onions —OR—  Veggie Burger  Whole Wheat Burger Bun  Mixed Green Salad  Oven Ready Fries  Orange  Milk, Low Fat, 1%