ERIE COUNTY
STAY FIT DINING PROGRAM

Name:

NOVEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Macaroni Casserole with Cheddar Cheese Green Beans Apple Juice - Italian Bread Butterscotch Pudding (839)	**3** Closed for Election Day	**4** Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Broccoli Florets Wheat Dinner Roll Lorna Doones (632)	**5** Beef Bourguignon Ranch Mashed Potatoes Brussels Sprouts Multigrain Bread Fresh Orange Chocolate Milk (698)	**6** Beer Battered Fish Tartar Sauce & Coleslaw Cheesy Broccoli & Rice Country Mixed Vegetables Wheat Dinner Roll Applesauce (737)
9 Mediterranean Chicken Stew Yellow Rice with Turmeric Broccoli Florets Grape Juice Diced Peaches (658)	**10** Boneless Pork Loin with Gravy Scalloped Potatoes Vegetable Medley Chef Salad with Dressing Wheat Dinner Roll Lemon Meringue Pie (851)	**11** Closed for Veteran's Day	**12** Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Peas Italian Bread Sugar Cookies (878)	**13** Salisbury Steak with Gravy Mashed Potatoes Vegetable Blend Wheat Bread Fruit Cocktail Chocolate Milk (735)
16 Sloppy Joe on a Wheat Bun Tater Tots Mixed Vegetables Mandarin Oranges (705)	**17** Polynesian Pork over Rice Broccoli Florets Orange Juice Gelatin (619)	**18** Lasagna Roll with Meat Sauce & Mozzarella Cauliflower Carrots Italian Bread Oatmeal Round Cookie (752)	**19** Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Green Beans Chef Salad with Dressing Dinner Roll Fresh Apple (671)	**20** Ground Beef Taco with Cheddar on a Flour Tortilla Spanish Rice Fiesta Corn Tropical Fruit Chocolate Milk (764)
23 Macaroni & Cheese with Diced Chicken Peas with Red Pepper California Blend Vegetables Wheat Bread Rice Krispie Treat (870)	**24** Roasted Turkey with Stuffing, Gravy & Cranberry Salad Sweet Potatoes Green Bean Casserole Dinner Roll Pumpkin Pie with Whipped Topping (1046)	**25** Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Broccoli Florets Fresh Banana Chocolate Milk (921)	**26** Happy Thanksgiving!	**27**

*If you have a food allergy, please notify us.