

November Menu:

Breaded Chicken Parmesan
Noodles and Marinara Sauce
Tossed Vegetable Salad
Wheat Roll with Margarine
Pear
Milk

Nutrition:

Calories: 776
Fat: 15g
Saturated Fat: 3g
Protein: 48g
Total Carbohydrates: 118g
Fiber: 15g
Sodium: 991mg
Potassium: 1573mg

Beef Stew
Brown Rice
Steamed Broccoli
French Bread with Margarine
Orange
Strawberry Shortcake
Milk

Calories: 826
Fat: 28g
Saturated Fat: 9g
Protein: 46g
Total Carbohydrates: 98g
Fiber: 10g
Sodium: 936mg
Potassium: 1421mg

Thanksgiving Dinner Turkey with Gravy
Garlic Mashed Potatoes
Green Beans with Almonds
Wheat Roll with Margarine
Cranberry Sauce
Romaine Salad
Apple Pie
Milk

Calories: 1128
Fat: 33g
Saturated Fat: 9g
Protein: 47g
Total Carbohydrates: 157g
Fiber: 11g
Sodium: 720mg
Potassium: 1298mg

Happy Thanksgiving: No Meal Last Week