

# NOVEMBER 2024 OLNEY SR CUB CTR 940-564-2782

**NOV 1<sup>ST</sup> AAA TB10-2011 \*ALL MEALS SERVED WITH CHOICE: MILK, TEA, OR WATER**

**FRI 1<sup>ST</sup>** - VEGETABLE BEEF STEW, CORNBREAD, MARGARINE, TOSSED SALAD W/DRESSING, ORANGE PINEAPPLE CUP, DIET PUMPKIN CUSTARD, LOW FAT MILK

**NOV 4<sup>TH</sup> – 8<sup>TH</sup> CDH 2016 WEEK 4**

**MON 4<sup>TH</sup>** - BRD CHICKEN TENDERS, WHOLE GRAIN VEG RICE, SUGAR SNAP PEAS, FRUIT MEDLEY, TAPIOCA PUDDING

**TUES 5<sup>TH</sup>** - BEEF PATTY ON HAMBURGER BUN, OVEN POTATO WEDGES, THREE BEAN SALAD, TOMATOES/LETTUCE, PINEAPPLE

**WED 6<sup>TH</sup>** - BAKED POTATO & CHILI CHEESE, BROCCOL CUTS, BAKED CINNAMON APPLE

**THUR 7<sup>TH</sup>** - BAKED FISH TARTAR SAUCE, COLESLAW, GREEN BEANS OVEN FRIED, HUSH PUPPY, STRAWBERRIES

**FRI 8<sup>TH</sup>** - CHARBROIL CHICKEN BREAST, TOMATO/LETTUCE, SWEET POTATO FRIES, BUN, BANANA

**NOV 11<sup>TH</sup> – 15<sup>TH</sup> AAA 2012 WEEK 8**

**MON 11<sup>TH</sup>** – BBQ BRISKET, HASHBROWNS, TURNIP GREENS, CORNBREAD OR WWBUN, FLUFFY PINEAPPLE PIE

**TUES 12<sup>TH</sup>** – CHIC TENDERS/GRAVY, MASHED POTATOES, MIXED SQUASH, WHEAT ROLL, FRUIT CUP

**WED 13<sup>TH</sup>** – BK FISH SCANDIA/LEMON, POTATOES W/RED SKINS, COLE SLAW W/APPLE, CORNBREAD, PEACH SHORTCAKE

**THUR 14<sup>TH</sup>** – CHICKEN A LA KING/RICE, CALIFORNIA BLEND VEG, SPINACH MUSHRM SALAD, WHEAT ROLL, CHOC. CHIP COOKIE

**FRI 15<sup>TH</sup>** – CHAR BRO HAMBURGER, SL TOM/PICKLES/ONION, HERBED POTATO FRIES, WHEAT BUN, BERRY COBBLER

**NOV 18<sup>TH</sup> – 22<sup>ND</sup> AAA AWD04-2011 WEEK 4**

**MON 18<sup>TH</sup>**- BBQ CHICKEN, MASHED POTATOES, CARROT RAISIN SALAD, CORNBREAD, BAKED APPLES

**TUE 19<sup>TH</sup>**- KING RANCH CASEROLE, SPANISH RICE, PINTO BEANS, TORTILLA, BROWNIE

**WED 20<sup>TH</sup>**- ROAST TURKEY, SAVORY BREAD DRESSING, CANDIED SWEET POTATOES, WHEAT ROLL, PINEAPPLE TIDBITS

**THU 21<sup>ST</sup>**- BEEF GOULASH, NAVY BEANS, BROCCOLI, WHEAT BREAD, OATMEAL RAISIN COOKIE

**FRI 22<sup>ND</sup>**- BAKED HAM/PINEAPPLE, LIMA BEANS, CHUCKWAGON CORN, WHEAT ROLL, CHOC. CHIP COOKIE

**NOV 25<sup>TH</sup> – 29<sup>TH</sup> CDH 2016 MENU**

**MON 25<sup>TH</sup> CDH 2016-05** – PORK/VEG EGGROLL, SWEET/SOUR SAUCE, WHOLE GRAIN VEG RICE, BROCCOLI, SLICED PEACHES

**TUES 26<sup>TH</sup> CDH 2016-13** – SPAGHETTI/MEAT SAUCE, GARLCI BREAD, CAESAR SALAD, DRESSING, GRAPEFRUIT SECTIONS

**WED 27<sup>TH</sup> CDH 2016-04** – BEEF POT ROAST, VEGETABLES, GREEN PEA SALAD, CORNBREAD, MELON

**THUR 28<sup>TH</sup>** – CLOSED FOR THANKSGIVING!

**FRI 29<sup>TH</sup>** – CLOSED FOR THANKSGIVING!

**DID YOU KNOW? Water is essential for all bodily functions including hydration, processing foods and medications, temperature regulation, and waste removal. 6-8 glasses of water are recommended daily but the amount needed increases as more medication is consumed.**