

St. Charles COA November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 Nourishment through compassionate care.	<i>Menu follows state guidelines for nutrients.</i>			1 Glazed Ham Black-eyed Peas Cabbage Cornbread Banana Pudding Milk Margarine
		4	5	6
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Devil's Food Cake Milk Margarine	Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	8 Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Ranch Dressing - 2
11	12	13	14	15
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken & Rice Casserole Summer Vegetables Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Chunky Potatoes Garden Vegetables Dinner Roll Marble Pudding Milk Margarine	Chicken/Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Lemon Cake Milk Margarine
18	19	20	21	22
Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	BBQ Riblet Baked Sweet Potato Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine	Oven Fried Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine	~ Birthday Celebration ~ Meatballs w/Gravy Ranch Potatoes Green Peas Wheat Bread Birthday Cake Milk Margarine
25	26	27	28	29
Meatballs/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce	~ Thanksgiving Meal ~ Turkey w/Gravy Cornbread Dressing Green Beans Dinner Roll Spice Cake 100% Fruit Juice Milk Margarine	Closed for Holiday	Closed for Holiday

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