











November Menu 2018

Site: Rapid City

			#5-1A 1 Creamed Turkey w/ Biscuit 2CS Parslied Carrots 1/2CS Coleslaw 1CS Mandarin Oranges 1CS	#10 2 Chicken Fried Steak 1CS Mashed Potatoes 1CS Milk Gravy Peas 1CS  Apricots 1CS
#20-1A 5 Salisbury Steak w/ Gravy 1CS Baked Potatoes 1CS California Blend Vegetables Orange Juice 1CS Plums 1CS	#65A HAPPY BIRTHDAY 6 BBQ Beef on a Bun 2 1/2CS Potato Wedges 1CS Broccoli Tossed Salad w/Tomatoes  Apricot 1CS Cake 2CS	# 31 7 <u>Reservations for Thanksgiving Due</u> Mexican Chicken Soup 1CS Fruity Slaw 1/2CS Unsalted Crackers 1CS Fruit Crisp 1 1/2CS	#20-1A 8 Spaghetti w/Meat Sauce 2CS Broccoli  Apricots 1CS Garlic Bread 1CS	#17 9 Sausage Gravy over Biscuit 2CS Green Beans Baked Squash 1CS Strawberries in Jello 1CS
CLOSED 12 	#3-1A 13 Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1CS Tomato Slices on Lettuce Fruit 1CS	#C2 14 Breaded Baked Fish Hashbrown Patty 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS 	THANKSGIVING MEAL 15 Roast Turkey Mashed Potato w/Gravy 1CS Dressing 2CS Green Beans Cranberry Sauce 1CS Pumpkin Pie 1CS	15-A1 16 Hamburger on a Bun 1CS Potato Salad 1 1/2CS Cooked Carrots 1/2CS Apple Juice 1CS Med. Banana 2CS
# 62A 19 LS Ham Parslied Potatoes 1CS Peas 1CS  Med Orange 1CS Cooked Apples 1 1/2CS	#71A 20 Chicken Parmesan Oven Baked Rice 1 1/2CS Parslied Carrots 1/2CS Grape Juice 1CS Fruit Cocktail 1CS	#25-1A 21 Taco Salad w/Meat & Beans 2CS Unsalted Crackers 1CS Fruit Crisp 1 1/2CS Vanilla Ice Cream 1CS	# CLOSED 22 # CLOSED 23 	
#15-3 26 Tater Tot Casserole 1CS Seasoned Spinach Tropical Fruit 1CS	#11 27 Mandarin Orange Chicken 1CS Baked Potato 1CS  Broccoli Med Banana 2CS Chocolate Pudding w/Topping 1CS	#4 28 Spanish Rice w/Hamburger 3CS Green Beans Grape Juice 1CS Mandarin Oranges 1CS	#15-2 29 Beef Barley Soup 1 1/2CS Turkey Sandwich 2CS Tossed Salad w/Tomatoes Pears 1CS 	#1-3 30 Chicken Ala King 1CS Oven Baked Rice 1 1/2CS Parslied Carrots 1/2CS Strawberries w/Topping 1CS

*All meals include 8 oz. 1% milk (1 CS)
 Choice of 1- 2 bread / grain servings (1 – 2 CS)
 Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets
 **All canned fruit is in light syrup
 **Fat free dressing is served with salad

*****MENU SUBJECT TO
 CHANGE WITHOUT NOTICE*****

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL
 THE MEALS PROGRAM OFFICE AT 394-6002
 OR THE MAIN KITCHEN AT 343-8214
24 HRS. IN ADVANCE

Please leave your name, where you eat and what day