


NOVEMBER

2018

Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996		***IMPORTANT*** Milk quarts will be delivered once a week, try drinking one serving of the quart with lunch each day ***Nutritional facts provided include a serving of milk***				Crusted Tilapia Mixed Vegetables White Rice Chocolate Pudding Calories: 555 Carbs: 57g Fat: 17g Protein: 39g Sodium: 1,000mg		Vegetable Lasgna Tuscany Blend Vegetables Mashed Potatoes Fruit Salad Calories: 590 Carbs: 88g Fat: 17g Protein: 37g Sodium: 790mg	
						1-Nov	2-Nov		
Chili		Chicken and Dumplings		Meatloaf		Garlic Herb Chicken		Open Face Cheese Enchilidas	
Black Beans		Fancy Cut Sweet Potatoes		Spinach		Black-eyed Peas		Spanish Rice	
Cornbread		Roasted Brussel Sprouts		Mashed Potatoes		Winter Mix Vegetables		Pinto Beans	
Yogurt *2% Milk Quart* Calories: 660 Carbs: 76g Fat: 19.5g Protein: 35g Sodium: 989mg		Sugar Free Jello Calories: 565 Carbs: 63g Fat: 12g Protein: 21g Sodium: 915mg		Apple Calories: 720 Carbs: 81g Fat: 28g Protein: 33g Sodium: 955mg		Vanilla Pudding Calories: 725 Fat: 12g Carbs: 64g Protein: 53g Sodium: 579mg		Mexican Corn Bread Oreo Cookies Calories: 710 Carbs: 82g Fat: 8.8g Protein: 38g Sodium: 716mg	
5-Nov		6-Nov		7-Nov		8-Nov		9-Nov	
HAPPY VETERAN'S DAY!		Chicken Fried Steak w/ LS Gravy		Chicken Fajitas w/ Onions & Peppers		Spaghetti and Sauce with Chicken		Roasted Turkey Breast w/ LS Gravy	
		Green Beans		White Rice		Steamed Peas		Green Bean Almondine	
Please use your shelf stable meal		Mashed Potatoes		Steamed Corn		Capri Mixed Vegetables		Sweet Potatoes	
		Banana Pudding *2% Milk Quart*		Apple		Chocolate Pudding		Stuffing, Roll	
		Calories: 620 Carbs: 92g Fat: 14.5g Protein: 25g Sodium: 1,001mg		Calories: 720 Carbs: 72g Fat: 13.5 Protein: 38g Sodium: 725mg		Calories: 670 Carbs: 86g Fat: 12.5g Protein: 34g Sodium: 695mg		Ambrosia, Cranberry Sauce Calories: 786 Carbs: 113g Fat: 16g Protein: 48g Sodium: 1072mg	
12-Nov		13-Nov		14-Nov		15-Nov		16-Nov	
Meatballs over White Rice		Taco Casserole		Baked Chicken with Mushrooms		HAPPY THANKSGIVING! Please use your shelf stable meal		Please use your shelf stable meal	
Italian Vegetables		Refried Beans		Peas and Carrots					
Tossed Salad		Sauteed Yellow Squash		Baked Cinnamon Apples					
Dinner Roll		Cornbread		Roll					
Peaches 2% Milk Quart*		Yogurt		Calories: 616 Carbs: 66 g Fat: 20 g Protein: 43					
19-Nov		20-Nov		21-Nov		22-Nov		23-Nov	
Oven Fried Chicken		Salisbury Steak		King Ranch Casserole		Baked Four Cheese Ziti		Roast Beef w Au Jus Gravy	
California Blend Vegetables		Steamed Green Beans		White Rice		Zucchini		New Potatoes w/ Peppers & Onions	
Macaroni and Cheese		Mashed Potatoes		Sauteed Spinach		Green Beans		Steamed Carrots	
Vanilla Pudding *2% Milk Quart*		Peaches		Tortilla		Fruit Salad Breadstick		Multigrain Bread	
Calories: 670 Carbs: 96g Fat: 12.5g Protein: 21g Sodium: 1,001mg		Calories: 527 Carbs: 51g Fat: 24g Protein: 40g Sodium: 660mg		Graham Cracker Calories: 747 Carbs: 72g Fat: 21g Protein: 21g		Calories: 670 Carbs: 96g Fat: 12.5g Protein: 21g Sodium: 851mg		Apple Calories: 693 Carbs: 79g Fat: 28g Protein: 35g Sodium: 535mg	
26-Nov		27-Nov		28-Nov		29-Nov		30-Nov	

PLEASE NOTE: SIDE ITEMS MAY CHANGE WITH FRESH PRODUCE SHIPMENTS PROVIDED BY THE NORTH TEXAS FOOD BANK.