
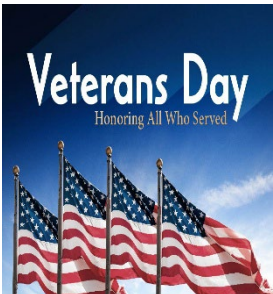








NAME: \_\_\_\_\_

TELEPHONE #: \_\_\_\_\_

**November 2025****Montgomery County****CONGREGATE***All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) <b>HOT:</b> Pulled Chicken BBQ, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Potato Sandwich Roll, Whole Orange, Milk  <b>COLD:</b> Roast Beef & Pepperjack Cheese, Whole Wheat Bread, Lettuce & Tomato, Sliced Beets, Potato Salad, Whole Orange, Milk  <b>VEG:</b> BBQ Vegan Chik'n, Whipped Sweet Potatoes, Green Peas, Potato Sandwich Roll, Whole Orange, Milk	4) <b>HOT:</b> Meat Lasagna, Green Beans, Cauliflower, Roll, Yogurt, Juice  <b>COLD:</b> Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, Whole Wheat Pita, Yogurt, Juice  <b>VEG:</b> Vegetarian Lasagna, Green Beans, Cauliflower, Roll, Yogurt, Juice	5) <b>HOT:</b> Blackened Haddock with Lemon-Dill Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Wheat Roll, Applesauce, Milk  <b>COLD:</b> Dilled Egg Salad, Whole Grain Sandwich Bun, Lettuce & Tomato, Caesar Salad, Coleslaw, Applesauce, Milk  <b>VEG:</b> Blackened Tofu with Lemon Dill Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Wheat Roll, Applesauce, Milk	6) <b>HOT:</b> Grilled Chicken Parmesan, Whole Grain Spaghetti with Sauce, Italian Zucchini, Garlic Roll, Juice, Yogurt  <b>COLD:</b> Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Roll, Yogurt, Juice  <b>VEG:</b> Vegan Chick'n Parmesan, Whole Grain Spaghetti with Sauce, Italian Zucchini, Garlic Roll, Juice, Yogurt	7) <b>HOT:</b> Shredded Beef Stroganoff w/Buttered Penne Pasta, Spinach, Baby Carrots, Roll, Diced Peaches, Milk   <b>COLD:</b> Ham & Swiss Cheese, Lettuce & Tomato, Wheat Bread, Three Bean Salad, Kale Salad with Cranberries, Sliced Carrots, Diced Peaches, Milk  <b>VEG:</b> Vegan Beef Stroganoff w/Buttered Penne Pasta, Spinach, Baby Carrots, Roll, Diced Peaches, Milk
10) <b>HOT:</b> Shredded BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Cornbread, Whole Apple, Milk  <b>COLD:</b> Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Carrot Raisin Salad, Cornbread, Whole Apple, Milk  <b>VEG:</b> Vegan BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Cornbread, Whole Apple, Milk	11)   CLOSED	12) <b>HOT:</b> Baked Ziti w/Salmon in Cream Sauce, Green Salad, Green Beans, Roll, Diced Pears, Milk  <b>COLD:</b> California Chicken Salad, Lettuce & Tomato, Three Bean Salad, Carrot-Raisin Salad, Diced Pears, Milk  <b>VEG:</b> Baked Ziti w/Veggies in Cream Sauce, Green Salad, Green Beans, Roll, Diced Pears, Milk	13) <b>HOT:</b> Beef Sloppy Joe, Whole Grain Sandwich Bun, Steak Cut Fries, Key Largo Veggies, Whole Yogurt, Juice  <b>COLD:</b> Tuna Salad Stuffed Tomato, Roll, Potato Salad, Spinach Salad with Grapes, Yogurt, Juice  <b>VEG:</b> Lentil Sloppy Joe, Whole Grain Sandwich Bun, Steak Cut Fries, Key Largo Veggies Yogurt, Juice	14) <b>HOT:</b> Chicken Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Flour Tortilla Pear, Milk  <b>COLD:</b> Grilled Chicken Strips, Caesar Salad, Marinated Tomatoes, Roll, Whole Pear, Milk  <b>VEG:</b> Vegan Chick'n Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Flour Tortilla, Whole Pear, Milk

<p>17)</p> <p> <b>HOT:</b> Roasted Pork Tenderloin w/Extra Gravy, Baby Baked Potatoes, Sauteed Kale w/Onions, Mixed Vegetables, Roll, Whole Orange, Milk</p> <p><b>COLD:</b> Turkey Breast &amp; Pepperjack Cheese, Wheat Bread, Lettuce &amp; Tomato, Sliced Beets, Potato Salad, Whole Orange, Milk</p> <p><b>VEG:</b> Vegan Chick'n ala King, Baby Baked Potatoes, Sauteed Kale with Onions, Mixed Vegetables, Roll, Whole Orange, Milk</p>	<p>18)</p> <p><b>HOT:</b> Beef Meatballs w/Gravy, Baked Sweet Potato, Green Salad, Cornbread, Yogurt, Juice</p> <p><b>COLD:</b> Grilled Salmon Salad, Wheat Bread, Lettuce &amp; Tomato, Sliced Beets, Green Bean Salad, Yogurt, Juice</p> <p><b>VEG:</b> Vegan Beef Meatballs w/Gravy, Baked Sweet Potato, Green Salad, Cornbread, Yogurt, Juice</p>	<p>19)</p> <p><b>HOT:</b> Roasted Chicken Thigh, Mac &amp; Cheese, Italian Mixed Vegetables, <b>Cole Slaw</b>, Whole Grain Roll, Diced Watermelon, Milk</p> <p><b>COLD:</b> Krab &amp; Whole Grain Pasta Salad, 3-Bean Salad, Corn &amp; Pepper Salad, Whole Grain Roll, Diced Watermelon, Milk</p> <p><b>VEG:</b> Vegan Grilled Chick'n w/Gravy, Mac &amp; Cheese, Italian Mixed Vegetables, <b>Cole Slaw</b>, Whole Grain Roll, Diced Watermelon, Milk</p> <p>***BIRTHDAY CUPCAKE***</p>	<p>20)</p> <p><b>HOT:</b> Meatloaf w/Gravy, Mashed Potatoes, <b>Spinach</b>, Sauteed Mushrooms, Roll, Yogurt, Juice</p> <p><b>COLD:</b> Deviled Egg Salad with Relish, Whole Grain Sandwich Bun, Lettuce &amp; Tomato, Caesar Salad, Coleslaw, Yogurt, Juice</p> <p><b>VEG:</b> Vegan Meatloaf with Gravy, Mashed Potatoes, <b>Spinach</b>, Sauteed Mushrooms, Roll, Yogurt, Juice</p>	<p>21)</p> <p><b>HOT:</b> Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parkerhouse Roll, Whole Banana, Milk</p> <p> <b>COLD:</b> Orzo Pasta Salad w/Diced Pork Loin, Carrot-Raisin Salad, Green Salad, Marinated Tomatoes, Parkerhouse Roll, Whole Banana, Milk</p> <p><b>VEG:</b> Vegan Chick'n Marsala, Wild Rice Pilaf, Oven Roasted Broccoli, Succotash, Parkerhouse Roll, Whole Banana, Milk</p>
<p>24)</p> <p> <b>HOT:</b> Swedish Beef Tips, Bow Tie Pasta w/Gravy Potatoes, Green Peas, Dinner Roll, Whole Peach, Milk</p> <p><b>COLD:</b> Pesto Chicken Salad, Cucumber Salad, Marinated Broccoli, Garlic Knot, Whole Peach, Milk</p> <p><b>VEG:</b> Vegan Swedish Beef Tips, Bow Tie Pasta w/Gravy, Green Peas, Dinner Roll, Whole Peach, Milk</p>	<p>25)</p> <p><b>HOT</b> Teriyaki Pork Loin, Brown Rice, Sauteed Kale with Diced Tomato &amp; Onion, Stir Fry Veggie Blend, Garlic Knot, Yogurt, Juice</p> <p><b>COLD:</b> Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Carrot-Raisin Salad, Cornbread, Yogurt, Juice</p> <p><b>VEG:</b> Teriyaki Tofu, Brown Rice, Sauteed Kale with Diced Tomato &amp; Onion, Stir Fry Veggie Blend, Garlic Knot, Yogurt, Juice</p>	<p>26)</p> <p><b>HOT:</b> Turkey Breast w/ Gravy, Herb Stuffing, Green Beans, Glazed Baby Carrots, Cornbread, Apple, Milk</p> <p> <b>COLD:</b> Baked Ham &amp; Pineapple Chunks, Marinated Tomato Salad, Sweet Potato Salad, Roll, Apple, Milk</p> <p><b>VEG:</b> Vegan Chick'n Breast w/ Gravy, Herb Stuffing, Green Beans, Glazed Baby Carrots, Cornbread, Apple, Milk</p> <p>***HAPPY THANKSGIVING***</p>	<p>2</p> 	<p>28)</p> <p><b>CLOSED</b></p> <p><i>Black Friday!</i></p> 

### NUTRITION NOTES: Managing Thanksgiving

- Eat breakfast on Thanksgiving morning to better control your appetite and prevent overeating during the big meal.
- Stay active by incorporating physical activity you enjoy, such as walking before and after the meal or playing sports with family.
- Practice mindful eating by savoring each bite, focusing on conversation, and listening to your body's fullness signals.
- Control portions by taking smaller servings of indulgent foods rather than avoiding them completely.