









**NOVEMBER**

**ADSS NUTRITION PROGRAM**

**FALL 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><u>Menu 4</u> 1</p> <p>Orange Pineapple Juice Beef Hot Dog/Bun Baked Beans Coleslaw Hot Apple Cobbler Milk/Chocolate Milk Ketchup/Mustard/Mayo Diced Onions</p>
<p><u>Menu 5</u> 4</p> <p>Sliced Meatloaf / Brown Gravy Mixed Vegetables Mashed Potatoes Wheat Bread Blushing Applesauce Fudge Round Milk Margarine</p>	<p><u>Menu 6</u> 5</p> <p>Grape Juice Breaded Chicken Patty/Gravy Mixed Greens Navy Beans Cornbread Sugar Cookie Milk/Buttermilk Margarine</p>	<p><u>Menu 7</u> 6</p> <p>Orange Pineapple Juice Swedish Meatballs (5 ea.)/Swedish Sauce Rotini Noodles Carrots Texas Bread Strawberry Fruited Gelatin Milk/Chocolate Milk Margarine</p>	<p><u>Menu 8</u> 7</p> <p>Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Scoops Mandarin Oranges Milk Taco Sauce/Sour Cream</p>	<p><u>Menu 9</u> 8</p> <p>Blended Juice Cheesy Chicken Broccoli Casserole Field Peas Green Beans / Red Peppers Wheat Bread White Cake Milk Margarine</p>
 <p><b>Veteran's Day</b></p>	<p><u>Menu 11</u> 12</p> <p>Grape Juice Mac and Cheese Italian Flat Beans Glazed Carrots Wheat Bread Apple Spice Cookie Milk Margarine</p>	<p><u>Menu 12</u> 13</p> <p>BBQ Chicken Drum Collard Greens Creamed Corn Cornbread Pears Gingerbread Cookie Milk/Buttermilk Margarine</p>	<p><u>Menu 13</u> 14</p> <p>Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Hot Peach Cobbler Milk/Chocolate Milk Ketchup/Mustard/Mayonnaise</p>	<p><u>Menu 14</u> 15</p> <p>Blended Juice Chicken Taco Soup Spanish Rice Mixed Fruit Corn Chips Chocolate Cake Milk</p>
<p><u>Menu 15</u> 18</p> <p>Smoked Sausage/Bun Mashed Sweet Potatoes Lima Beans Applesauce Chocolate Chip Cookie Milk Mustard/Ketchup/Mayo</p>	<p><u>Menu 16</u> 19</p> <p>Apple Juice Brunswick Stew Coleslaw Saltine Crackers (4 crackers) Fresh Fruit Lemon Cake Milk Margarine</p>	<p><u>Menu 17</u> 20</p> <p>Blended Juice Spaghetti/Meat Sauce Green Beans Mixed Green Salad Italian Bread Chocolate Pudding Milk Margarine Italian/Ranch Dressing</p>	<p><u>Menu 18</u> 21</p> <p>Sweet &amp; Sour Chicken Breast Patty Oriental Rice Cabbage Pineapple Tidbits Nuttty Buddy Milk/Chocolate Milk Whole Grain Dinner Roll Margarine</p>	<p><u>Menu 19</u> 22</p> <p>Orange Juice Ham and Potato Casserole Okra and Tomatoes Mixed Greens Cornbread Orange Fruited Gelatin Milk/Buttermilk Margarine</p>
<p><u>Menu 20</u> 25</p> <p>Apple Juice Sloppy Joe/Bun California Vegetable Blend Garlic Mashed Potatoes Brownie Milk</p>	<p><u>Menu 1</u> 26</p> <p>Egg Salad Tomato Soup Mixed Green Salad Fresh Orange Whole Wheat Bread (2 sl.) Vanilla Pudding Milk Italian/Ranch Dressing</p>	<p><b>THEME MEAL</b> 27</p> <p>Sliced Turkey/Gravy Cornbread Dressing Green Bean Almandine Whole Grain Roll Cranberry Salad Iced Carrot Cake Milk Cranberry Sauce Margarine</p>	<p>28</p>  <p><b>Happy Thanksgiving</b></p>	<p>29</p>  <p><b>Holiday</b></p>

# November 2019

Sunday Oct 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday Nov 1	Saturday 2
					10:00 am – Exercise 11:30 am – Puzzle Handout	10:00 am – CHURCH OF THE HIGHLANDS
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	8:00 am – Health Checks 10:00 am – Exercise 12:00 pm – Banks/F'land	<b>PEST CONTROL-OUTSIDE</b> 10:00 am AMEDISYS HOSPICE 10:00 am Ceramics 10:00 am PENNY AUCTION	8:00 am – Health Checks 10:00 am – ARTS/CRAFTS 10:00 am Res Bingo 1:00 pm Corner Market	10:00 AM Crafts 12:00 pm Target Mall 2:00 pm – True Vines Ministries	10:00 am – Exercise 11:30 am – Puzzle Handout	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<b>CLOSED</b>  <b>VETERAN'S DAY</b>	<b>PEST CONTROL-OUTSIDE</b> 10:00 am AMEDISYS HOSPICE 10:00 am Ceramics 10:00 am PENNY AUCTION	8:00 am – Health Checks 10:00 am – RES BINGO	10:00 AM Crafts 2:00 pm – True Vines Ministries	10:00 am – Exercise 11:30 am – Puzzle Handout	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	8:00 am Health Checks 9:30 AM SENIOR BINGO 10:00 am Exercise	<b>PEST CONTROL-OUTSIDE</b> 10:00 am Ceramics 10:00 am EXERCISE 10:00 am Dollar Tree	8:00 am – Health Checks 10:00 AM CRAFTS 10:00 AM RES BINGO 1:00 pm – Corner Market 1:00 pm - Jernigans	10:00 AM Grand River Shopping 10:00 AM MUSIC 2:00 pm – True Vines Ministries	10:00 am – Exercise 11:30 am – Puzzle Handout	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	8:00 am – Health Checks 10:00 am - Exercise	<b>PEST CONTROL-OUTSIDE</b> 10:00 am – Ceramics 12:00 pm Wal-Mart 1:00 pm IN SPIRIT / IN TRUTH MINISTRIES	8:00 am – Health Checks 10:00 am – RES. BINGO	<b>CLOSED</b>	<b>CLOSED</b>	