

# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
BBQ Pulled Pork Sandwiches Tator Tots Green Beans Orange	Tomato Soup Grilled Cheese Sandwich Tossed Salad Applesauce	Spaghetti Peas Berry Fruit Salad	COOKS CHOICE Fried Chicken	Hot Ham & Cheese Sandwich French Fries Beets Tropical Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Salisbury Steak W/Gravy Mashed Potatoes Parslied Carrots Seasonal Fruit	Lentil Soup W/Shredded Cheese Side Salad W/Tomatoes Strawberries Crackers	THANKSGIVING DINNER Turkey Stuffing And ALL the Trimmings Cooked Apple	NO MEALS VETERANS DAY	Sausage Gravy Over Biscuit Green Beans Mandarin Oranges
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Baked Chicken Fried Steak Mashed Potatoes Gravy Peas Apricots	Chunky Chicken Veg Soup Tossed Salad Garlic Bread Banana V8 Juice	Liver & Onions Company Potatoes Parslied Carrots Fruit Cocktail	Hot Beef Sandwich Mashed Potatoes Gravy Corn Sunshine Salad Pears	French Dip Sandwich Broccoli Fruit Cocktail
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Fish White Rice Broccoli Tropical Fruit	Egg Salad Sandwich Cream Of Potato Soup Sliced Cucumbers Orange	Beef Nachos W/Pinto Beans Peaches Cranberry Sauce	NO MEALS THANKSGIVING	NO MEALS THANKSGIVING BREAK
<b>29</b>	<b>30</b>			
Beef tips Gravy Mashed Potatoes Broccoli Peaches	Vegetable Beef Soup Crackers Tropical Fruit Salad	ROCS DINING SERVICES- TYNDALL CALL 589-3883 BY 12PM THE DAY BEFORE TO RESERVE A MEAL		

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.