










Mizell Center November 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 = HIGH SODIUM MEAL	1 Green Salad w/Chicken (Lettuce, Tomato, Carrot, Mozzarella Cheese) Wheat Roll Orange, Cake, Milk	2 Swedish Meatballs Egg Noodles Winter Blend Veggies Wheat Roll Fruit Cocktail, Milk	3 Parmesan Chicken Farfalle Pasta Italian Veggies Wheat Roll Mandarin Oranges, Milk	4  Baked Glazed Ham Mashed Potato Green Beans Wheat Roll Banana, Milk
	7 Chicken Salad Sandwich Lettuce & Tomato Beet & Garbanzo Salad Baked Chips Juice, Yogurt, Milk	8 Beef Lasagna Italian Veggies Garlic Bread Orange, Milk	9 Chicken Alfredo Farfalle Pasta San Francisco Blend Wheat Roll Applesauce, Milk	10 Chili Beans w/Beef Cauliflower Mix Veggies Cornbread Diced Peaches, Milk
14 Roasted Chicken Breast Farfalle Pasta Broccoli Wheat Roll Juice, Yogurt, Milk	15 Steak Sandwich-Cold Lettuce & Tomato Mediterranean Salad Baked Chips Orange, Milk	16 Chicken Florentine on Rice Pilaf Key Largo Veggies Wheat Roll Fruit Cocktail, Milk	17 Salmon Jasmine rice Roasted Brussel Sprouts Hawaiian Roll Tropical Fruit, Milk	18 Herb Baked Chicken Quinoa Rice Pilaf Scandinavian Veggies Wheat Roll Pineapple Tidbits, Milk
21 Chicken Cacciatore Brown Rice Lima Beans Juice, Yogurt, Milk	22  Carbonara w/Diced Ham on Spaghetti Noodles Italian Veggies, Garlic Bread Mandarin Oranges, Milk	23 Roasted Turkey w/ Gravy Sweet Potato Medley Green Beans Corn bread Stuffing Tropical Fruit, Milk	24   25 CLOSED 	
28  Cheese Ravioli w/Marinara Sauce California Blend Garlic Bread Juice, Yogurt, Milk	29 Tuna Sandwich Lettuce & Tomato Mediterranean Salad Apple, Milk	30 Baked Cod Quinoa Rice Japanese Blend Wheat Roll Fruit Cocktail, Milk	NOTE FROM NUTRITION DEPARTMENT: <i>*** Menu subject to change***</i> <i>Especially during these challenging times product may not</i> <i>be always available.</i>	