











Mizell Center November 2024 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 = HIGH SODIUM MEAL	NOTE FROM NUTRITION DEPARTMENT: *** Menu subject to change*** <i>Especially during these challenging times product may not be always available.</i>			1 Red Snapper w/ Creamy Picatta Corn Tomato Hash, Parmesan Asparagus, Roll, Banana, Milk
4 Chicken Salad Sandwich Lettuce & Tomato Beet & Garbanzo Salad Baked Chips Juice, Yogurt, Milk	5 Beef Lasagna Italian Veggies Garlic Bread Orange, Milk	6 Chicken Alfredo Farfalle Pasta San Francisco Blend Wheat Roll Applesauce, Milk	7 Steak Salad (Lettuce, Mixed Greens, Tomato, Red Onion, Queso Fresco, Pepitas), Roll Diced Peaches, Milk	8 Baked Glazed Ham  Buttered Green Beans Mashed Sweet Potatoes Rolls, Mandarin Oranges Milk
11 CLOSED THANK YOU VETERANS 	12 Crab Cakes  Potatoes O'Brien Broccoli Roll, Orange Milk	13 Chicken Florentine Farfalle Pasta Key Largo Veggies Roll Fruit Cocktail, Milk	14 Salmon w/ Balsamic Sauce Rice Pilaf Roasted Brussel Sprouts Wheat Roll Cake, Milk	15 Grilled Chicken Sandwich w/Cheese Potato Wedges Lettuce & Tomato Pineapple Tidbits, Milk
18 Cheese/Herb Ravioli  w/Marinara Sauce Peas Garlic Bread Juice, Yogurt, Milk	19 Tilapia w/ Pineapple Salsa Rice Pilaf, Carrots Wheat Roll Mandarin Oranges Milk	20 Roasted Turkey w/ Gravy Sweet Potato Medley Corn bread Stuffing Tropical Fruit, Milk	21 Meat Loaf Redskins & Vegetables Roll Orange Milk	22 Oven Fried Chicken w/Country Gravy Mashed Potatoes Carrots & Peas Roll, Peaches Milk
25 Easy Carbonara w/Diced  Ham, Mushrooms & Onions Italian Vegetables, Garlic Bread, Juice, Yogurt, Milk	26 Herb Baked Chicken Parmesan Spinach Orzo Roasted Zucchini Roll, Apple Milk	27 Baked Cod Quinoa Rice, Kale, Edamame Rice Japanese Blend Roll, Fruit Cocktail, Milk	28  Closed Thanksgiving Day	29 CLOSED 



Mizell Center Noviembre 2024 Menu



Lunes	Martes	Miercoles	Jueves	Viernes
 = Comida de Alto Sodio	NOTA del Departamento de Nutrición: *** Menú sujeto a Cambios*** <i>Especialmente durante estos tiempos, los productos pueden no estar disponible.</i>			1 Huachinango con Picatta Cremosa, Picadillo De Maiz y Tomate, Esparragos a La Parmesana, Panecillo, Platano, Leche
4 Emparedado de Ensalada de Pollo, Lechuga Y Tomate Ensalada de Garbanzo Papitas Jugo, Yogurt, Leche	5 Lasaña de Res Vegetal Italiano Pan de Ajo Naranja, Leche	6 Pollo Alfredo Pasta Farfalle Vegetal San Francisco Panecillo Integral Pure de Manzana, Leche	7 Ensalada De Bistec (Lechuga, Verduras Mixtas, Elote, Tomate, Cebolla Roja, Queso Fresco, Pepitas) Panecillo, Duraznos Leche	8  Jamon Glaseado Al Horno Judias Verdes c/Mantequilla Pure De Batata Panecillo Mandarinas Leche
11 CERRADO 	12 Pastel De Cangrejo Patatas O'Brien Brocoli, Panecillo Naranja, Leche	13 Pollo Florentina Pasta Farfalle Vegetal Key Largo Panecillo Integral Coctel de Fruta, Leche	14 Salmon c/Salsa Balsamica Arroz Pilaf Brucelas Rostisadas Panecillo Integral Pastel, Leche	15 Sandwich De Pollo A La Parrilla c/Queso Gajos De Patata Lechuga Y Tomate Pina, Leche
18  Ravioli de Queso c/ Salsa Marinara Guisantes Pan de Ajo Jugo, Yogurt, Leche	19 Tilapia Con Salsa De Pina Pilaf De Arroz, Zanahorias, Panecillo Mandarina Leche	20 Pavo al Horno c/Gravy Camote Picado Relleno De Pan De Maiz Fruta Tropical Leche	21 Pastel De Carne Pielas Rojas Y Verduras Maiz En Carreta Panecillo, Naranja Leche	22 Pollo Frito Al Horno c/ Salsa Campestre Pure De Papa Zanahorias Y Guisantes Panecillo, Durzanos, Leche
25  Carbonara c/Jamon Hongos Y Cebolla Vegetal Italian Pan de Ajo Yogur, Jugo, Leche	26 Pollo Al Horno c/Hierbas Orzo c/Espinacas Y Parmesano, Calabacin Asado, Panecillo Manzana, Leche	27 Bacalao al Horno Arroz Quínoa, Col Rizada, Edamame, Vegetal Japones Panecillo Coctel de Fruta, Leche	28 	29 CERRADO 