



Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	3 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mixed Fruit Milk	4 Chicken Cordon Bleu Asparagus Red Skinned Potatoes Mixed Fruit Milk	5 BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk	6 Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk
9 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears WG Bun Milk	10 Cheesy Smothered Chopped Steak White Rice Pilaf Peas Wheat Bread Mandarin Oranges Milk	11 Turkey Ham & Beans Beets Carrots Corn Bread Mixed Fruit Milk	12 Almond Crusted Fish California Veggies Scalloped Potatoes Mixed Fruit Wheat Bread Milk	13 Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce Milk
16 Bagel w/Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Applesauce Milk	17 Chicken Coq Au Vin Mashed Potatoes Diced Carrots Diced Peaches Milk 	18 Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Milk	19 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	20 Cheese Lasagna w/ Vegetables Lima Beans Carrots Wheat Roll Diced Pineapple Milk
23 - Thanksgiving Meal! Turkey w/ Gravy Maple Sweet Potatoes Festive Green beans Diced Pears Holiday Treat Milk	24 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk	25 Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Cup Milk	26 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	27 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk
30 Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk			Cultural Meal Day 	

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven Fried Chicken 569 Calories 22 g Fat 6 g Fiber 852 mg Calcium 747 mg Sodium 61 g Carbohydrate	3 Spaghetti 660 Calories 22 g Fat 11 g Fiber 449 mg Calcium 429 mg Sodium 87 g Carbohydrate	4 Chicken Cordon Bleu 543 Calories 12 g Fat 7 g Fiber 384 mg Calcium 826 mg Sodium 73 g Carbohydrate	5 BBQ Beef 505 Calories 9 g Fat 8 g Fiber 470 mg Calcium 697 mg Sodium 77 g Carbohydrate	6 Vegetarian Chili 734 Calories 19 g Fat 15 g Fiber 528 mg Calcium 743 mg Sodium 114 g Carbohydrate
9 Hamburger 727 Calories 24 g Fat 7 g Fiber 586 mg Calcium 1031 mg Sodium 93 g Carbohydrate	10 Smothered Steak 690 Calories 23 g Fat 7 g Fiber 515 mg Calcium 866 mg Sodium 87 g Carbohydrate	11 Turkey Ham & Beans 687 Calories 12 g Fat 17 g Fiber 481 mg Calcium 820 mg Sodium 112 g Carbohydrate	12 Almond Crusted Fish 633 Calories 27 g Fat 7 g Fiber 442 mg Calcium 672 mg Sodium 65 g Carbohydrate	13 Pot Roast 456 Calories 14 g Fat 6 g Fiber 379 mg Calcium 444 mg Sodium 53 g Carbohydrate
16 Breakfast Bagel 696 Calories 30 g Fat 8 g Fiber 593 mg Calcium 749 mg Sodium 72 g Carbohydrate	17 Coq Au Vin 399 Calories 5 g Fat 5 g Fiber 352 mg Calcium 763 mg Sodium 50 g Carbohydrate	18 Meatloaf 601 Calories 18 g Fat 7 g Fiber 407 mg Calcium 751 mg Sodium 64 g Carbohydrate	19 Beef Stew 522 Calories 10 g Fat 8 g Fiber 528 mg Calcium 710 mg Sodium 77 g Carbohydrate	20 Lasagna 697 Calories 17 g Fat 13 g Fiber 627 mg Calcium 646 mg Sodium 100 g Carbohydrate
23 Turkey Holiday Meal 747 Calories 17 g Fat 16 g Fiber 455 mg Calcium 1040 mg Sodium 133 g Carbohydrate	24 Ginger Chicken 620 Calories 19 g Fat 11 g Fiber 419 mg Calcium 899 mg Sodium 91 g Carbohydrate	25 Herb Crusted Hake 433 Calories 6 g Fat 6 g Fiber 397 mg Calcium 464 mg Sodium 71 g Carbohydrate	26 Country Fried Steak 736 Calories 28 g Fat 5 g Fiber 445 mg Calcium 1004 mg Sodium 93 g Carbohydrate	27 Teriyaki Noodles 598 Calories 9 g Fat 7 g Fiber 400 mg Calcium 749 mg Sodium 95 g Carbohydrate
30 Chicken & Noodles 723 Calories 18 g Fat 6 g Fiber 379 mg Calcium 774 mg Sodium 102 g Carbohydrate				

*The nutrition information listed above is for the entire meal on the calendar