



# November



## 500 Calorie – Dinner Menu

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

1

**Italian Sausage (No Bun)**  
Chef's Fresh Vegetables  
Fruit  
Skim Milk (1 Only)

2

**Gumbo**  
Side Salad  
California Blend  
Fruit  
Skim Milk (1 Only)

3

**Spaghetti & Meatballs**  
California Blend  
Side Salad  
Skim Milk (1 Only)

4

**Tomato Mozzarella Flatbread**  
Green Beans  
Side Salad  
Fruit  
Skim Milk (1 Only)

5

**Shepherd's Pie**  
Roasted Vegetables  
Skim Milk (1 Only)

6

**BBQ Chicken**  
Garlic Pepper Broccoli  
Black Beans & Rice  
Fruit  
Skim Milk (1 Only)

7

**Pork Loin**  
Green Beans  
Side Salad  
Fruit  
Skim Milk (1 Only)

8

**Baked Tilapia**  
Broccoli  
Roasted Potatoes  
Skim Milk (1 Only)  
Fruit

9

**Veggie Burger (No Bun)**  
Sweet Potato  
California Blend  
Side salad  
Fruit

10

**Honey Mustard Deli Wrap**  
Baby Carrots  
Side Salad  
Fruit  
Skim Milk (1 Only)

11

**Garlic Pesto Chicken**  
Roasted Carrots  
Side Salad  
Skim Milk (1 Only)

12

**Dirty Turkey Rice**  
Broccoli & Cauliflower  
Fruit  
Skim Milk (1 Only)

13

**Marinated Pork**  
Sweet Potato Fries  
Side Salad  
Skim Milk (1 Only)

14

**Eye Round of Beef**  
Baked Potato  
Broccoli  
Fruit  
Skim Milk (1 Only)

15

**Chicken Cordon Bleu**  
Penne Pasta w/Olive Oil  
Sautéed Green Beans  
Fruit  
Skim Milk (1 Only)

16

**1 Protein  
2 Vegetables  
2 Starches**

17

**Turkey Loaf**  
Mashed Potatoes  
Roasted Carrots  
Fruit  
Skim Milk (1 Only)

18

**Spaghetti & Meatballs**  
Brussels Sprouts  
Fruit

19

**Grilled Chicken Breast w/Balsamic Glaze**  
Penne Pasta w/Olive Oil  
Cabbage Sauté  
Skim Milk (1 Only)

20

**Chicken Tenders**  
Fruit

21

**Stuffed Shells**  
Sautéed Green Beans  
Fruit  
Skim Milk (1 Only)

22

**Orange Chicken Rice Bowl**  
Broccoli  
Side Salad  
Skim Milk (1 Only)

23

**1 Protein  
2 Vegetables  
2 Starches**

24

**BBQ Chicken**  
Corn on the Cob  
Side Salad  
Fruit  
Skim Milk (1 Only)

25

**Herbed Chicken Breast**  
Sweet Potato  
Brussels Sprouts  
Fruit  
Skim Milk (1 Only)

26

**Chicken Biscuit Sandwich**  
Fruit  
Skim Milk (1 Only)

27

**Chili**  
Broccoli  
Side Salad  
Skim Milk (1 Only)

28

**Minestrone**  
BBQ Chicken Breast  
Roasted carrots  
Side Salad  
Skim Milk (1 Only)

29

**Lasagna**  
Garlic Bread  
Green Beans

30

**Pizza w/Cheese Topping**  
Messaged Kale Salad  
Fruit  
Skim Milk (1 Only)