

# Erie County Stay Fit Dining Program

## African American Menu

### November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Macaroni, Cheese & Chicken Casserole Broccoli Pineapple Juice Rye Bread Peach and Pear Cup 908	<b>2 Side Salad</b> Breaded Chicken Breast w/ Scallopini Sauce Chef Salad w/ Classique Dressing Slice Carrots Wheat Dinner Roll Fresh Orange 757	<b>3</b> Hamburger w/ Mushroom Gravy Oven Browned Potatoes w/ Peppers&Onions Stewed Tomatoes w/CROUTONS Hamburger Roll Strawberry Gelatin w/ Fruit Cocktail 837
<b>6</b> BBQ Pulled Pork on a Hamburger Roll Scalloped Potatoes Country Mixed Vegetables Mandarin Oranges 829	<b>7 Election Day</b> Meatballs w/ Tomato Meat Sauce & Mozzarella Cheese over Penne Pasta Green Peas Grape Juice Chocolate Chip Cookie 1093 <i>Is your site open?</i>	<b>8</b> Breaded Chicken Breast w/ Herb Gravy Mashed Sweet Potatoes Diced Harvard Beets Wheat Dinner Roll Tropical Fruit Cup 817	<b>9 Veterans Day Meal</b> Breaded Bone-In Pork Chop w/ Gravy Mashed Potatoes Carrots Bread Stuffing Apple Pie 968	<b>10</b> 
<b>13</b> Breaded Chicken Breast w/ Gravy Cheesy Mashed Potatoes Green Peas Dinner Roll Butterscotch Pudding 815	<b>14</b> Breaded Veal Patty w/ Italian Tomato Sauce & Mozz. Cheese over Penne Pasta Seasoned Spinach Cranberry Juice Carnival Sugar Cookie 992	<b>15</b> Ham Steak w/ Maple Glaze Mashed Sweet Potatoes Green Beans Wheat Bread Strawberry Gelatin w/ Mandarin Oranges 703	<b>16 Side Salad</b> Hot Dog w/ Chili Sauce Macaroni Salad California Blend Vegetables Hot Dog Roll Pineapple Tidbits 972	<b>17</b> Breaded Boneless Pork Chop w/ Gravy Mashed Lyonnaise Potatoes Seasoned Mixed Greens Cornbread Fresh Apple 739
<b>20</b> Swedish Meatballs over Cavatappi Brussels Sprouts Corn Chocolate Pudding 785	<b>21 Thanksgiving Meal</b> Sliced Turkey w/ Gravy Diced Butternut Squash w/ Cranberries Green Beans, Dinner Roll Bread Stuffing, Molded Cranberry Salad Pumpkin Pie 1026	<b>22</b> Lasagna Roll w/ Tomato Meat Sauce & Mozz. Cheese Seasoned Spinach w/ Mushrooms, Cauliflower Wheat Dinner Roll Strawberry Bavarian 877	<b>23</b> 	<b>24</b> Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Vegetables Dinner Roll Tropical Fruit Cup 813
<b>27</b> Beef Pepper Steak Casserole Green Beans Carrots White Rice Lorna Doones 642	<b>28 Side Salad</b> Stuffed Shells w/ Tomato Meat Sauce Cauliflower Chef Salad w/ Classique Dressing Italian Bread Pineapple Tidbits 887	<b>29</b> Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Vegetables Dinner Roll Fresh Banana 805	<b>30</b> Hamburger w/ Onion Gravy Mashed Potatoes Stewed Tomatoes Hamburger Roll Sugar Cookies 936	<b>1</b> Ham & Cheese Strata w/ White Cheese Sauce Scalloped Apples and Cranberries Broccoli Wheat Dinner Roll Ambrosia 949