



DALLAS COUNTY  
Cycle 3, 2019 Final  
Menu  
November



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY 11/1/2019	
								Meatloaf~ Tomato Gravy Parslied Potatoes Italian Green Beans Dinner Roll Ranger Cookie Milk	
11/4/2019		11/5/2019		11/6/2019		11/7/2019		11/8/2019	
Country Fried Steak with Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Apple Milk		Margarita Chicken Mixed Beans Country Vegetables Multi Grain Bread Nutty Buddy Bar Milk		Beef Chili with Beans Rice Braised Carrots Saltine Crackers Fruited Yogurt Milk		Grilled Pork with Gravy~* Baked Beans Asian Cabbage Wheat Bread Sugar Cookie Milk		Hamburger Patty~ Lettuce/Tomato/Onion Tater Tot Casserole Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup	
11/11/2019		11/12/2019		11/13/2019		11/14/2019		11/15/2019	
Lemon Herb Chicken Scalloped Potatoes Capri Vegetables Wheat Bread Fig Bar Milk Margarine		BBQ Pork Rib Patty~* Whole Kernel Corn Broccoli Texas Bread Fresh Orange Milk		Baked Chicken Thigh Chicken Gravy Parslied Rice Mixed Vegetables Wheat Bread Frosted Birthday Cake Strawberry Ice Cream Milk		Spinach Lasagna Torte Tossed Salad Green Beans with Onions Whole Wheat Breadstick Cherry Gelatin with Peaches Milk Ranch Salad Dressing		Smoked Sausage* Lima Beans Okra and Tomatoes Corn Muffin Chocolate Pudding Milk Margarine	
11/18/2019		11/19/2019		11/20/2019		11/21/2019		11/22/2019	
Beef and Spanish Rice Charro Beans Cauliflower Wheat Bread Gingerbread Cookie Milk		Parmesan Chicken~ Penne Pomodoro Summer Vegetables Wheat Bread Fresh Apple Milk		Swiss Steak~ Ranch Roasted Potatoes Italian Green Beans Dinner Roll Strawberry Swirl Pudding Milk		Chicken & Sausage Cajun Pasta* Green Peas Braised Carrots Wheat Bread Lemon Gelatin with Pears Milk		<b>Thanksgiving</b> Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Dinner Roll Cinnamon Sugar Cookie Milk Margarine Cranberry Sauce	
11/25/2019		11/26/2019		11/27/2019		11/28/2019		11/29/2019	
Salisbury Beef~ Rosemary Gravy Whipped Potatoes Catalina Vegetables Wheat Bread Nutty Buddy Bar Milk		Cajun Pork Patty~* Country Corn Green Beans Wheat Bread Fresh Orange Milk		Meatballs with Spaghetti~ Oregano Broccoli Glazed Carrots Dinner Roll Creamsicle Pudding Milk		<b>Closed for Holiday</b>		<b>Closed for Holiday</b>	

\* - Contains Pork

~ - Entrée Contains Soy

*Sarah Hutsler, RD, LD*

Sarah Hutsler, RD, LD #DT81463

Expires 11/30/2019