

Set 1 CAFETERIA

November 28 - December 4, 2021

NORTH MISSISSIPPI REGIONAL CENTER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B	1/2 c. Cranberry Juice	1/2 c. Orange Juice	1/2 c. Apple Juice	1/2 c. Orange Juice	1/2 Banana	1/2 c. Pineapple Juice	1/2 c. Grape Juice
R	1 bx. Rice Krispies	1 bx. Cheerios	1/2 c. Grits	1 bx. Fruit Whirls	1 bx. Corn Flakes	1 bx. Bran Flakes	1 bx. Frosted Flakes
E	1 Poptart	1/4 c. Scrambled Egg	2 Pancakes with Syrup	1/4 c. Scrambled Egg	1/4 c. Scrambled Egg	1/4 c. Scrambled Egg	1/4 c. Scrambled Egg
A	1/4 c. Scrambled Egg	1 Biscuit/Jelly	1 Sausage Patty	1 Biscuit/Jelly	3 French Toast Sticks w Syrup	1 Biscuit/Jelly	1 PopTart
K	1 c. Milk	1 c. Milk	1 c. Milk	1 c. Milk	1 c. Milk	1 c. Milk	1 c. Milk
F	Water	Water	Water	Water	Water	Water	Water
A							
S							
T							
L	3 oz. Salisbury Steak	Spaghetti	Grilled Chicken Salad Bar	Christmas Meal	Pub Burger	Pork Chop with Mushroom	Chicken Tenders
U	1/2 c. Mashed Potatoes	Green Beans	Salad Toppings	Honey Baked Ham	Tater Tots	Gravy or Vegetable Plate:	1/2 c. Mashed Potatoes
N	1/2 c. Carrots	Garlic Bread	Brownie Bar	Sweet Potato Casserole	Coleslaw	Blackeyed Peas, Fried Okra,	1/2 c. Sliced Carrots
C	1 Brown & Serve Roll	Lemon Pie	Beverage	Vegetable Blend	Apple Cobbler	Turnip Greens, Sweet Potato	1/2 c. Applesauce
H	1/2 c. Tropical Fruit Salad Beverage	Beverage	Second option: Choice of 2 of the following: Small salad or sandwich baked potato or soup	Corn Casserole Homade Yeast Rolls Assorted Relish Bar Choice: Carrot Cake Caramel Cake, Chocolate Cake Beverage	Beverage	Cornbread Muffin Choice of Ice Cream Cup or Ice Cream Sandwich Beverage	1 Roll Water/ Milk Ketchup
		Chicken Noodle Soup	Homemade Tomato Soup		Chicken Tortilla Soup		
S	3 oz. Ham Slices	3 oz. Beef Patty	3 1-oz. sl. Ham	3 oz. Grilled Chicken	1 sv. Sliced Turkey	1 c. Ground Beef w/Noodles	3 1-oz. sl. Roast Beef
U	2 sl. W.W. Bread	with 2 Tbsp. Salsa	1 Yam Patty	with Chicken Gravy	with Gravy	1/2 c. Oriental Vegetables	1/2 c. Creamed Corn
P	Chips	1/2 c. Tater Tots w/ Ketchup	1/2 c. Spinach	1/2 c. Cheesy Mashed Potatoes	1/2 c. Mashed Potatoes	1 Roll	1/2 c. Cauliflower
P	1/2 c. Coleslaw	1/2 c. California Vegetables	1-2 sq. Cornbread	1/2 c. Zucchini/Tomatoes	1/2 c. Broccoli	1/2 c. Pears	1 Cornbread Muffin
E	1/2 c. Crushed Pineapple	1 Brown & Serve Roll	1/2 c. Sliced Peaches	1 Roll	1 Brown & Serve Roll	Beverage	1/2 c. Crushed Pineapple
R	Beverage	1/2 c. Apple Slices	Beverage	1/2 c. Apricots	1/2 c. Mandarin Oranges		Beverage
		Beverage		Beverage	Beverage		

***THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

If you are bringing a guest to lunch, please notify the Nutrition Services Department by 9:00 a.m. so that additional preparation may be made.

APPROVED DATE: 11/16/21

BY:
Meriwether Shelton, RDN, LD,
Director of Nutrition Services