



NOVEMBER 2021 DYSPHAGIA MENU

2021-2022 Meal Prices:

Elementary, Middle, High School Breakfast: **NO COST**

Elementary, Middle, High School Lunch: **NO COST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL #11	2 NO SCHOOL #12	3 2 Yogurts Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler #13	4 Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears #14	5 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler #15
8 Oatmeal w/ Fruit Compote Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler #16	9 Chicken & Waffles Applesauce Juice Milk Pulled Pork BBQ Sweet Potatoes Green Beans Canned Peaches #17	10 Cinnamon Roll w/ Sausage Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Squash/Zucchini Spiced Applesauce #18	11 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #19	12 Pancakes & Sausage Applesauce Juice Milk Green Chili Cheese Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges #20
15 Fruit & Yogurt Parfait Applesauce Juice Milk Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches #1	16 Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #2	17 French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler #3	18 Chicken Biscuit w/ Gravy Applesauce Juice Milk Turkey & Gravy Mashed Potatoes Cornbread Dressing Green Beans Canned Peaches Cranberry Sauce #4	19 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler #5

22 NO SCHOOL #6	23 NO SCHOOL #7	24 NO SCHOOL #8	25 NO SCHOOL #9	26 NO SCHOOL #10
29 2 Yogurts Applesauce Juice Milk Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches #11	30 Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #12			

All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.

****All meals come with a choice of 1% white milk or fat free chocolate milk****

*****Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk*****

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Menus are subject to change without notice due to price and availability of food