



## NOVEMBER DYSPHAGIA MENU

### 2020-2021 Meal Prices:

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25

Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50

Reduced Student Breakfast: \$0.20 // Reduced Student Lunch: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <b>Fruit &amp; Yogurt Parfait</b> Applesauce Juice Milk</p> <p><b>Chicken Enchiladas</b> Seasoned Black Beans Green Beans Canned Peaches</p> <p style="text-align: right;">#11</p>	<p><b>3</b> <b>Sausage Biscuit w/ Gravy</b> Applesauce Juice Milk</p> <p><b>Salisbury Steak</b> Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice</p> <p style="text-align: right;">#12</p>	<p><b>4</b> <b>French Toast w/ Fruit Compote</b> Applesauce Juice Milk</p> <p><b>Chicken Teriyaki</b> Fried Rice Glazed Carrots Squash/Zucchini Spiced Applesauce</p> <p style="text-align: right;">#13</p>	<p><b>5</b> <b>Chicken Biscuit w/ Gravy</b> Applesauce Juice Milk</p> <p><b>Spaghetti</b> Glazed Carrots Seasoned Green Beans Canned Pears</p> <p style="text-align: right;">#14</p>	<p><b>6</b> <b>Blueberry Muffin w/ Fruit Compote</b> Applesauce Juice Milk</p> <p><b>Macaroni &amp; Cheese</b> Tomato Soup Creamed Spinach Fruit Cobbler</p> <p style="text-align: right;">#15</p>
<p><b>9</b> <b>Oatmeal w/ Fruit Compote</b> Applesauce Juice Milk</p> <p><b>Beef &amp; Cheese Nachos</b> Seasoned Black Beans Cauliflower Peach Cobbler</p> <p style="text-align: right;">#16</p>	<p><b>10</b> <b>Chicken &amp; Waffles</b> Applesauce Juice Milk</p> <p><b>Pulled Pork BBQ</b> Sweet Potatoes Green Beans Canned Peaches</p> <p style="text-align: right;">#17</p>	<p><b>11</b> <b>Cinnamon Roll w/ Sausage</b> Applesauce Juice Milk</p> <p><b>Mashed Potato Bowl w/ Cheese &amp; Chicken</b> Glazed Carrots Squash/Zucchini Spiced Applesauce</p> <p style="text-align: right;">#18</p>	<p><b>12</b> <b>Cream of Wheat w/ Fruit Compote</b> Applesauce Juice Milk</p> <p><b>Chili</b> Sweet Potatoes Squash/Zucchini Fruit Cocktail</p> <p style="text-align: right;">#19</p>	<p><b>13</b> <b>Pancakes &amp; Sausage</b> Applesauce Juice Milk</p> <p><b>Fish Filet w/ Tartar Sauce</b> Tomato Soup Glazed Carrots Fruit Cobbler</p> <p style="text-align: right;">#20</p>
<p><b>16</b> <b>Fruit &amp; Yogurt Parfait</b> Applesauce Juice Milk</p> <p><b>Chicken Enchiladas</b> Seasoned Black Beans Green Beans Canned Peaches</p> <p style="text-align: right;">#1</p>	<p><b>27</b> <b>Sausage Biscuit w/ Gravy</b> Applesauce Juice Milk</p> <p><b>Salisbury Steak</b> Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice</p> <p style="text-align: right;">#2</p>	<p><b>18</b> <b>French Toast w/ Fruit Compote</b> Applesauce Juice Milk</p> <p><b>Chicken Teriyaki</b> Fried Rice Glazed Carrots Squash/Zucchini Spiced Applesauce</p> <p style="text-align: right;">#3</p>	<p><b>19</b> <b>Chicken Biscuit w/ Gravy</b> Applesauce Juice Milk</p> <p><b>Turkey &amp; Gravy</b> Mashed Potatoes Cornbread Dressing Green Beans Canned Peaches Cranberry Sauce</p> <p style="text-align: right;">#4</p>	<p><b>20</b> <b>Blueberry Muffin w/ Fruit Compote</b> Applesauce Juice Milk</p> <p><b>Macaroni &amp; Cheese</b> Tomato Soup Creamed Spinach Fruit Cobbler</p> <p style="text-align: right;">#5</p>

<p><b>23</b></p> <p>NO SCHOOL</p> <p>#6</p>	<p><b>24</b></p> <p>NO SCHOOL</p> <p>#7</p>	<p><b>25</b></p> <p>NO SCHOOL</p> <p>#8</p>	<p><b>26</b></p> <p>NO SCHOOL</p> <p>#9</p>	<p><b>27</b></p> <p>NO SCHOOL</p> <p>#10</p>
<p><b>30</b></p> <p><b>Fruit &amp; Yogurt Parfait</b>  Applesauce  Juice  Milk</p> <p><b>Chicken Enchiladas</b>  Seasoned Black Beans  Green Beans  Canned Peaches</p> <p>#11</p>				

**\*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\***