



Garrett County Lighthouse, Inc.'s menu— November 2022

Tuesday, November 1, 2022

Breakfast: WG Pancakes/Sausage/Juice/Milk
Lunch: Fried Chicken/Green Beans/WG Roll/Pineapple/Milk

Wednesday, November 2, 2022

Breakfast: WG Cereal/Juice/Milk
Lunch: Ham & Cheese Sandwich on WG/Carrots/Peaches/Milk

Monday, November 7, 2022

Breakfast: Oatmeal/Strawberries/Milk
Lunch: Sloppy Joe/Tater Toes/Apple Sauce/Milk

Tuesday, November 8, 2022

Breakfast: WG French Toast Sticks/Sausage/Juice/Milk
Lunch: Hot Dogs/Baked Beans/Peaches/Milk

Wednesday, November 9, 2022

Breakfast: WG Waffles/Juice/Milk
Lunch: Vegetable Beef Soup/Bologna & Cheese Sandwich on WG/Apple Sauce/Milk

Monday, November 14, 2022

Breakfast: WG Cereal/juice/Milk
Lunch: Thanksgiving Dinner/WG Roll/Peaches/Milk

Tuesday, November 15, 2022

Breakfast: Oatmeal/Juice/Milk
Lunch: Thanksgiving Dinner/WG Roll/Pineapple/Milk

Wednesday, November 16, 2022

Breakfast: WG Cereal/Juice/Milk
Lunch: Thanksgiving Dinner/WG Roll/Apple Sauce/Milk

Monday, November 21, 2022 — Birthday Celebration

Breakfast: WG Pancakes/Sausage/Juice/Milk
Lunch: Sloppy Joe's/Baked Beans/Peaches/Milk

Tuesday, November 22, 2022 — Birthday Celebration

Breakfast: WG French Toast/Mixed Fruit/Milk
Lunch: Hot Dog/French Fries/Peaches/Milk

Wednesday, November 23, 2022 — Birthday Celebration

Breakfast: Oatmeal/Blueberries/Milk
Lunch: Chicken Patty Sandwich/Broccoli/Apple Sauce/Milk

Monday, November 28, 2022

Breakfast: WG Cereal/Strawberries/Milk
Lunch: Pot Roast/Mashed Potatoes/Gravy/Peaches/WG Roll/Milk

Tuesday, November 29, 2022

Breakfast: WG Waffles/Sausage/Juice/Milk
Lunch: Pot Roast/Mashed Potatoes/Gravy/Apple Sauce/WG Roll/Milk

Wednesday, November 30, 2022

Breakfast: WG Cheerios Cereal/Juice/Milk
Lunch: Pot Roast/Mashed Potatoes/Gravy/Pineapple/WG Roll/Milk

**WG—Whole Grain



****Menu subject to change without notice.****