



Garrett County Lighthouse, Inc.'s menu – November 2023

Wednesday, November 1, 2023

Breakfast: Oatmeal/Blueberries/Milk
Lunch: Fish/Macaroni & Cheese/Peas/Peaches/Milk

Monday, November 6, 2023

Breakfast: WG Cheerios/Juice/Milk
Lunch: Vegetable Beef Soup w/Cabbage/Mixed Vegetables/Milk

Tuesday, November 7, 2023

Breakfast: French Toast Sticks/Sausage/Juice/Milk
Lunch: Chicken Tenders/French Fries/Broccoli/Applesauce/Milk

Wednesday, November 8, 2023

Breakfast: Sausage Gravy w/Biscuits/Scramble Eggs/Juice/Milk
Lunch: Meatloaf/Mashed Potatoes w/Gravy/Mixed Vegetables/Milk

Monday, November 13, 2023

Birthday Celebration

Breakfast: WG Pancakes/Sausage/Juice/Milk
Lunch: Hot Dogs w/Chili/Onions/Tater Tots/Pineapple/Milk

Tuesday, November 14, 2023

Breakfast: WG Waffles/Scrambled Eggs/Juice/Milk
Lunch: Fish Sandwich/French Fries/Peas/Milk

Wednesday, November 15, 2023

Breakfast: Oatmeal/Strawberries/Milk
Lunch: Taco Salad w/Lettuce/Tomatoes/Broccoli/Peaches/Milk

Monday, November 20, 2023

Breakfast: WG Cheerios/Juice/Milk
Lunch: Thanksgiving Dinner/Mashed Potatoes w/Gravy/Green Beans/Stuffing/Pumpkin Pie/Milk

Tuesday, November 21, 2023

Breakfast: Sausage/Egg/Cheese Biscuit/Juice/Milk
Lunch: Turkey Noodle Soup/Mixed Vegetable/Applesauce/Milk

Wednesday, November 22, 2023

Breakfast: WG French Toast/Juice/Milk
Lunch: Chicken Sandwich w/Lettuce/Tomato/Tater Tots/Pineapple/Milk

Monday, November 27, 2023

Breakfast: Sausage Gravy/Biscuits/Juice/Milk
Lunch: Sloppy Joe/French Fries/Peaches/Milk

Tuesday, November 28, 2023

Breakfast: WG Pancakes/Sausage/Juice/Milk
Lunch: Hot Dogs w/Chili/Onions/Tater Tots/Baked Beans/Milk

Wednesday, November 29, 2023

Breakfast: WG Waffles/Sausage/Juice/Milk
Lunch: Spaghetti w/Meatballs/Mixed Vegetable/Garlic Bread/Milk

**WG—Whole Grain



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

This institution is an equal opportunity provider.