

NOVEMBER 2024 - Low Sodium Menu



Please call the office by 4pm
the business day before to
cancel a meal. 740-345-0821
ext. 1218

FRIDAY
1 Stuffed Mushrooms Wild Rice, Peppers, Onions & Sausage Fruit Cup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Sloppy Joe Sandwich Potato Sticks Carrots Fruit Cup	5 Honey Glazed Salmon Baby Bakers California Blend Fruit Cup	6 Jerk Chicken w/ Red Beans, Onion, Tomato & Rice Fruit Cup 	7 Pork Tacos Mango Salsa and Cheese Corn & Black Beans Fruit Cup	8 Smoked Turkey Kale Rice Bake w/ Tomatoes, Onions & Peppers Fruit Cup
11 LCAP CLOSED 	12 Meat ball Casserole Veggie Blend Fruit Cup	13 Chicken Fajita Bowl w/ Peppers, Onions, Rice & Cheese Fruit Cup	14 Kalua Pork Brown Rice Mixed Veggie Fruit Cup	15 Sweet Potato Fish Brown Rice Carrots Fruit Cup
18 Cuban Pork Sandwich Red Beans, Tomato & Rice Fruit Cup	19 Chicken Rice Caserole w/Corn, Black Beans & Tomatoes Fruit Cup	20 Undone Cabbage Roll w/ Hamburger, Rice, Tomato & Onion Fruit Cup	21 Pork Kabobs w/ Peppers, Onions, Zucchini, Mushrooms & Rice Fruit Cup	22 Slow Cooker Pot Roast w/ Potatoes, Onion, Carrot & Celery Fruit Cup
25 Roasted Chicken Penne Pasta w/ Veggies Fruit Cup	26 Vegetable Lasagna Tossed Salad Fruit Cup	27 Turkey Meatloaf Mashed Potatoes Corn Dinner Roll Pumpkin Pie	28 LCAP CLOSED 	29 LCAP CLOSED 

All meals include two servings of grains, apple butter and a carton of 2% milk - Ingredient information available at www.lcap.org/menu **Menu is always subject to change based on product availability**

