

# Colstrip Senior Center November 2021 Menu

All meals served with beverage choice, veggie and bread choice. Meals Subject to change.

Please call by 9:30 am 748-3525

Senior Center Open from 9:00am to 2:00pm Monday- Friday

Always Have Hot Coffee and Tea

Suggested Senior Donation \$4.00 Non-seniors \$7.00

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Bingo</b> Grilled Cheese and Homemade tomato soup Fruit	<b>2 Election Day</b> Fried Cabbage with kielbasa sausage Fruit	<b>3</b> Hamburger Gravy over mashed potatoes Veggie Fruit	<b>4</b> Chicken Alfredo Pasta Salad Fruit	<b>5</b> Cooks Choice
<b>8 Bingo</b> Baked Sweet and Sour Chicken over rice Veggie Fruit	<b>9</b> Cheeseburger Soup Homemade Bread Fruit Veggie	<b>10 Senior Club Meeting</b> Chicken Pot Pie Salad Fruit	<b>11 Veterans Day</b> Center Closed	<b>12 Veterans Lunch</b> Salisbury Steak Dinner Mashed potato and gravy Rolls, salad, fruit Dessert
<b>15 Bingo</b> Beef stew Homemade bread Fruit	<b>16</b> Spaghetti Garlic bread Green beans Salad	<b>17</b> Thanksgiving dinner	<b>18</b> Baked fish Creamed peas Fruit	<b>19</b> Cook's choice
<b>22 Bingo</b> Cheeseburgers Fries Salad	<b>23</b> Ham and Split Pea Soup Homemade Bread Fruit	<b>24</b> Baked Potato Bar Fruit	<b>25 Thanksgiving</b> Center Closed	<b>26 Black Friday</b> Center Closed
<b>29 Bingo</b> BBQ meatball Subs Salad Veggie	<b>30</b> Stuffed Green peppers Cottage Cheese and peaches	<b>1 Senior Club Pasties 5pm</b> Egg salad sandwiches Fruit Veggie		



# Forsyth Senior Center Menu November 2021



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Burgers on a Bun French Fries Pea & Cheese Salad Apple Crisp	2	Chicken Pot Pie Green Salad Cherry Salad Pumpkin Bars	3	Chili Grilled Cheese Sandwich Pear Crisp Relish Tray	4	Ham Quiche Green Salad Muffins Fresh fruit	5	Baked Tilapia Baked Potato Steamed Vegetables Lemon Pudding & Fruit
8	Chicken ala King over Rice Stir Fry Vegetables Fruit	9	Cook's Choice	10	Cheesy Broccoli Soup Chicken Sandwiches Relish Tray Brownies & Fruit	11	CLOSED	12	Spaghetti Coleslaw Fruited Orange Jell-O Monster Cookies
15	BBQ Pork on a Bun Coleslaw Pea Salad Fruit	16	Taco Tuesday	17	Italian Vegetable Soup Corn Bread Pear Jell-O Salad Cookies	18	Porcupine Meatballs over Rice Mixed Vegetables Fruit	19	Turkey Scalloped Potatoes & Gravy Green Beans Fruit Salad Dessert
22	Shepherd's Pie Tossed Salad Fruit	23	Ham & Cheese Strata Green Salad Zucchini Muffins Fruit	24	Corn Chowder Ham Sandwiches Blueberry Cobbler	25	CLOSED	26	CLOSED
29	Hot Dogs on a Bun Sauerkraut Tater Tots Baked Beans Pears	30	Sausage & Gravy Biscuits Peas Tossed Salad Apple Slices	1	Potato Soup Ham Sandwiches Relish Tray Pineapple Cake	2	Chicken Strips Mac & Cheese Peas & Carrots Fruit	3	Meatloaf Mashed Potatoes Green Beans Spinach salad Fruit

PLEASE CALL BY 9:30 346-2878 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00 - ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK

**CONGREGATE MEAL MENU**

**November, 2021**

Monday	November 1, 2021	Baked Ham
Tuesday	November 2, 2021	Finger Steaks
Friday	November 5, 2021	Hamburger Deluxe
Monday	November 8, 2021	Corned Beef
Tuesday	November 9, 2021	Pork Steak
Friday	November 12, 2021	Chicken & Dumplings
Monday	November 15, 2021	Meat Loaf
Tuesday	November 16, 2021	Cod
Friday	November 19, 2021	Shrimp
Monday	November 22, 2021	Country Style Pork Ribs
Tuesday	November 23, 2021	Beef Tips & Noodles
Friday	November 26, 2021	Baked Chicken
Monday	November 29, 2021	Hamburger Steak
Tuesday	November 30, 2021	Chicken Fried Steak

Where are meals served?

- At the 600 Café, 600 Main Street, Miles City, Montana

When are meals served?

- From 11 am to noon, although diners are encouraged to arrive early in order to be done eating before the noon business crowd arrives.

Who may eat Congregate Meals?

- Anyone over 60, no matter where they are from.
- A person who has a disability and who accompanies the Senior who is their caretaker.
- The spouse of a Senior, even if the spouse is younger than 60.
- Other persons accompanying a Senior must purchase their own meal at regular price.

What is the cost?

- The county's cost for each meal is \$9.00 and we ask a "suggested donation" of \$4 per meal. All donations are appreciated and are confidential and are not individually recorded

Take out?

- Getting a meal to-go is allowed only in rare, temporary circumstances approved by the COA staff on duty. Those who need meals brought to the home are encouraged to call COA for details of the Meals on Wheels program.
- If you cannot finish your meal at the café you may take your leftovers home, but the 600 Café asks that you bring your own container.





# **MILES CITY SOUP KITCHEN** **MONTHLY MENU**

**November 2021**

**COME JOIN US FOR LUNCH!** A wholesome lunch is served to anyone in need, from 11:00 am to 12:30 pm, Monday thru Friday at the First United Methodist Church, at 24 North 11th Street in Miles City. The kitchen is located just north of Main on 11th street behind the Midrivers Office and M&H Gas Station.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 31, 2021  CLOSED	November 1, 2021 Beef Minestrone Soup David P	November 2, 2021  CLOSED - NO COOK	November 3, 2021 Egg Salad Sandwich Robert CM	November 4, 2021 Hot Dish Robert CM	November 5, 2021 Hotdogs Janie M.	November 6, 2021  CLOSED
November 7, 2021  CLOSED	November 8, 2021 Sloppy Joe's Linda L	November 9, 2021  OPEN	November 10, 2021  TBD Robert CM	November 11, 2021 Veterans Day Biscuits w/ Sausage Gravy & Fixins David P	November 12, 2021 Split Pea Soup Nancy R	November 13, 2021  CLOSED
November 14, 2021  CLOSED	November 15, 2021 Tomato Mac Soup Linda L	November 16, 2021  Open	November 17, 2021  TBD Robert CM	November 18, 2021 Traditional Thanksgiving Dinner David P	November 19, 2021  Open	November 20, 2021  CLOSED
November 21, 2021  CLOSED	November 22, 2021  Open	November 23, 2021  Open	November 24, 2021 Turkey Biscuit Potpie David P	November 25, 2021 Happy Thanksgiving Closed	November 26, 2021  CLOSED	November 27, 2021  CLOSED
November 28, 2021  CLOSED	November 29, 2021 Cowboy Stew Linda L	November 30, 2021  Open	December 1, 2021  MENU	December 2, 2021  MENU	December 3, 2021  MENU	December 4, 2021  CLOSED

For more info please call the kitchen at 234-5013. Donations are appreciated and help keep the kitchen operating. Mailing Address P.O. Box 93, Miles City, MT 59301



**Colstrip Public Schools Lunch – November 2021**

- |           |   |
|-----------|---|
| <b>1</b>  | <b>Beef Stew/Cornbread</b>                |
| <b>2</b>  | <b>Popcorn Chicken Salad/Bread Stix</b>   |
| <b>3</b>  | <b>Corn Dog/Baked Beans</b>               |
| <b>4</b>  | <b>Chicken Strips/Potato Gems</b>         |
| <b>5</b>  | <b>Turkey &amp; Swiss Sub/Chips</b>       |
| <br>      |   |
| <b>8</b>  | <b>Chicken Drummie/Mash Potato/Gravy</b>  |
| <b>9</b>  | <b>Fish Stix/Sidewinder Potatoes</b>      |
| <b>10</b> | <b>Sausage Gravy/Biscuit</b>              |
| <b>11</b> | <b>Cooks Choice</b>                       |
| <b>12</b> | <b>NO SCHOOL</b>                          |
| <br>      |   |
| <b>15</b> | <b>Chicken Quesadilla/Corn</b>            |
| <b>16</b> | <b>Pepperoni Pizza/Tossed Salad</b>       |
| <b>17</b> | <b>Turkey Dinner</b>                      |
| <b>18</b> | <b>Cooks Choice</b>                       |
| <b>19</b> | <b>NO SCHOOL</b>                          |
| <br>      |   |
| <b>22</b> | <b>Soft Shell Taco/Salad</b>              |
| <b>23</b> | <b>Cooks Choice</b>                       |
| <b>24</b> | <b>NO SCHOOL</b>                          |
| <b>25</b> | <b>NO SCHOOL</b>                          |
| <b>26</b> | <b>NO SCHOOL</b>                          |
| <br>      |   |
| <b>29</b> | <b>Chicken Noodle Soup/Cold Cut Sand.</b> |
| <b>30</b> | <b>Popcorn Shrimp Salad/Bread Stix</b>    |

# NOVEMBER 2021

## FORSYTH

## PAINTING



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

1

TUESDAY

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

Mini Bagel  
Fruit/Milk

Pop Tart  
Fruit/Milk

**National Sandwich Day**  
Breakfast Cookie  
Fruit/Milk

Cinnamon Twist  
Fruit/Milk

**PIR DAY**

French Toast Sticks  
Fruit/Milk

Donut  
Fruit/Milk

Nutri-Grain Bar  
Fruit/Milk

10

**Veterans Day**  
Croissant  
Fruit/Milk

Cold Cereal  
Fruit/Milk

Granola Bar  
Fruit/Milk

Uncrustable  
Fruit/Milk

Yogurt  
Fruit/Milk

Muffin  
Fruit/Milk

Cold Cereal  
Fruit/Milk

Cereal Bar  
Fruit/Milk

Mini Bagel  
Fruit/Milk

**THANKSGIVING BREAK**

**National Parfait Day**  
**THANKSGIVING BREAK**

**THANKSGIVING BREAK**

Banana Bread  
Fruit/Milk

Mini Pancakes  
Fruit/Milk





# NOVEMBER 2021

## FORSYTH

## PEACH



**November is National Peanut Butter Lovers Month.** Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY

31

TUESDAY

2

WEDNESDAY

THURSDAY

FRIDAY

5

Chicken Strips  
Fruit/Vegetable

Taco Noodle Casserole  
Fruit/Vegetable

**National Sandwich Day**  
Tomato Soup/Grilled Cheese  
Fruit/Vegetable

Hamburger Gravy/Mashed  
Fruit/Vegetable

**PIR DAY**

Pizza Sticks  
Fruit/Vegetable

Quesadilla  
Fruit/Vegetable

Scalloped Potatoes/Ham  
Fruit/Vegetable

**Veterans Day**  
Egg Rolls/Fried Rice  
Fruit/Vegetable

Breakfast for Lunch  
Fruit/Vegetable

Pulled Pork Sandwich  
Fruit/Vegetable

Taquito  
Fruit/Vegetable

Chili/Cinnamon Roll  
Fruit/Vegetable

Barber Polls  
Fruit/Vegetable

**Thanksgiving Dinner**

Cheeseburgers/Fries  
Fruit/Vegetable

Super Nachos  
Fruit/Vegetable

**THANKSGIVING BREAK**

**National Parfait Day**  
**THANKSGIVING BREAK**

**THANKSGIVING BREAK**

Chicken Sandwich  
Fruit/Vegetable







**BIRTHDAY MEAL**  
Corn Dogs/Chips  
Cupcake/Ice Cream  
Fruit/Vegetable





# Hysham Schools Lunch Menu

November 2021 Lunch Menu						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tomato Soup Grilled Cheese Salad/Fruit Milk	2 French Dip Tater Tots Salad/Fruit Milk	3 Biscuits & Gravy Hashbrowns Yogurt Milk/Juice	4 ** Meatball Sub Chips Salad/Fruit Milk	5 NO SCHOOL	6
7	8 Chicken Rice Broccoli Casserole Roll Salad/Fruit Milk	9 ** Taco Soup Veggies Fruit Milk	10 ** Meatloaf Mashed Potatoes Corn/Dinner Roll Salad/Fruit Milk	11 Fishburger French Fries Salad Fruit Milk	12 NO SCHOOL	13 
14	15 ** Enchilada Corn Salad/Fruit Milk	16 Pig-n-a-Blanket Mac & Cheese Salad/Fruit Milk	17 ** Sloppy Joes Chips Salad/Fruit Milk	18 Pizza Pocket Salad Fruit Milk	19 NO SCHOOL	20
21	22 ** Beef Noodle Bake Green Beans/Roll Salad/Fruit Milk	23 Turkey Dinner w/all the Trimmings	24 Grilled Ham & Cheese Chips Fruit Milk	25 NO SCHOOL 	26 NO SCHOOL	27
28 	29 Chicken Strips Curly Fries Salad/Fruit Milk	30 Mini Burritos Salad Fruit Milk				

November 2021



# Miles City Elementary Schools Breakfast Menu

Miles City School District #1 BREAKFAST

**Nov**  
FEED YOUR  
CREATIVITY



## Announcements:

All breakfasts are served with an option of white or chocolate milk

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast for the 2021-2022 school year is free to all students



Updated 1/1/2021  
www.SquareMeals.org

NOVEMBER 2021

## MONDAY

Belgian Waffles  
Grapes  
Milk

## TUESDAY

PBJ  
Pears  
Milk

## WEDNESDAY

Muffins  
Peaches  
Milk

## THURSDAY

Donuts  
Mandarin Oranges  
Milk

## FRIDAY

Granola Bars  
Apples and PB  
Milk

Banana Chocolate Bar  
Applesauce  
Milk

Donuts  
Pears  
Milk

Breakfast Cookie  
Banana  
Milk

Belgian Waffles  
Pineapple  
Milk

PBJ  
Grapes  
Milk

Cereal Bar  
Cuties  
Milk

PBJ  
Pineapple  
Milk

Muffins  
Tropical Fruit  
Milk

Cereal  
Banana  
Milk

Mini Bagel  
Mandarin Oranges  
Milk

Mini Muffins  
Pears  
Milk

Donuts  
Pineapple  
Milk

No School

No School

No School

Donuts  
Applesauce  
Milk

PBJ  
Pineapple  
Milk

Miles City Elementary  
Schools Breakfast

TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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Food and Nutrition Division  
Nutrition Assistance Programs

10/27/2021 11:06AM FAX 4082343147  
SCHOOL DISTRICT CENTRAL  
0002/0003



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Sub Sandwiches Chips Salad and Ranch Pears  Salad Bar	Chili and Cheese Fritos Celery and Ranch Apples  Salad Bar	Mac and Cheese w/Ham Dinner Roll Cauliflower Banana  Salad Bar	Mandarin Chicken Rice Green Beans Pineapple  Salad Bar	Classroom Lottery    Salad Bar
Taco Soup Fritos Carrots and Ranch Grapes  Salad Bar	Chicken Nuggets Baked Beans Mixed Fruit Treat  Salad Bar	Pretzel and Cheese Go-Gurt Veggies and Ranch Orange Smiles  Salad Bar	Haystacks Veggies and Ranch Apples Fruit Snack  Salad Bar	Classroom Lottery    Salad Bar
PBJ Chips Salad and Ranch Apples  Salad Bar	Mashed Potato Bowls Dinner Roll Orange Smiles Cookie  Salad Bar	Zuppa Soup Dinner Roll Celery and Ranch Grapes  Salad Bar	Hot Dogs String Cheese Baked Beans Peaches  Salad Bar	Classroom Lottery    Salad Bar
Pizza Salad and Ranch Grapes Juice Bar  Salad Bar	Thanksgiving Feast    NO SALAD BAR	NO SCHOOL	NO SCHOOL	NO SCHOOL
Wok in a Bag Baked Beans Mixed Fruit Fruit Snack  Salad Bar	Ham and Bean Soup Dinner Roll Celery and Ranch Peaches  Salad Bar	<h1>Miles City Public Schools Lunch</h1>		



### Announcements:

All lunches are served with white or chocolate milk.

Salad bar is offered at the JR High

MENU SUBJECT TO CHANGE WITHOUT NOTICE

All lunches during the 2021-2022 school year are free to every student

Food and Nutrition Division  
Nutrition Assistance Programs

INDIAN DEPARTMENT OF AGRICULTURE  
COMMISSIONER XID MILLER

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3/10/2021



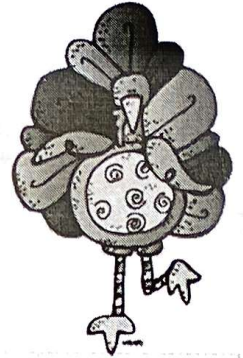
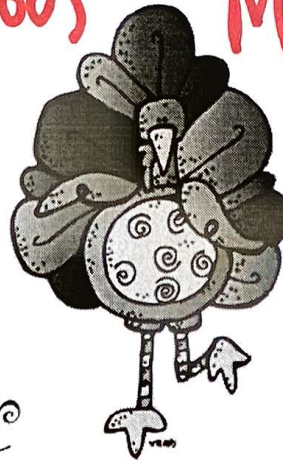
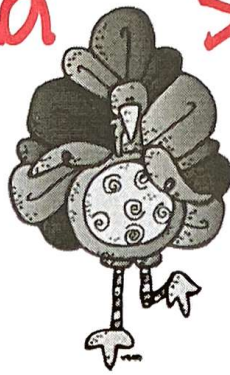
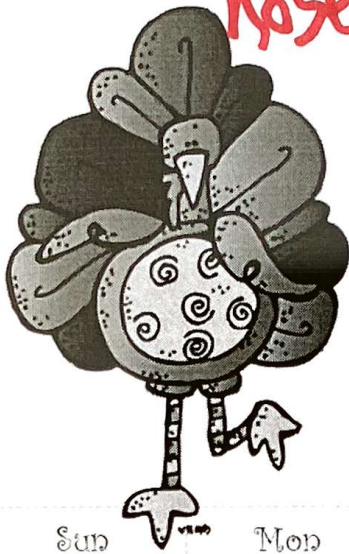
# Miles City

## Sacred Heart Catholic School Calendar November Menu 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>All lunches served to 1st-8th grade students this year are FREE.</b>	<b>1</b> Grilled Chicken Breast Mashed Potatoes & Gravy Veggies & Fruit	<b>2</b> Chicken Vegetable Soup Veggies Fruit	<b>3</b> Hamburgers Veggies Fruit	<b>4</b> Spaghetti Veggies Fruit	<b>5</b> Scrambled Egg & Pancake Veggies Fruit	<b>6</b>
<b>7</b>	<b>8</b> Tacos Veggies Fruit	<b>9</b> Grilled Chicken Sandwich Veggies Fruit	<b>10</b> Ham & Bean Soup Veggies Fruit	<b>11</b> Sloppy Joes Veggies Fruit	<b>12</b> Cheese Pizza Veggies Fruit	<b>13</b>
<b>14</b>	<b>15</b> Grilled Chicken with Rice Veggies Fruit	<b>16</b> Spaghetti Veggies Fruit	<b>17</b> BBQ Pork Sandwich Veggies Fruit	<b>18</b> Chili Corn Bread Veggies Fruit	<b>19</b> Students please bring a packed lunch. No microwave available.	<b>20</b>
<b>21</b>	<b>22</b> Turkey Roast Dinner Veggies Fruit	<b>23</b> Tacos Veggies Fruit	<b>24</b> Turkey & Ham Sandwich Veggies Fruit	<b>25</b> No School Happy Thanksgiving!	<b>26</b> No School	<b>27</b>
<b>28</b>	<b>29</b> BBQ Pork Sandwich Veggies Fruit	<b>30</b> Chicken Gnocchi Soup Veggies Fruit				<b>1% and skim milk served with lunch</b>

# Rosebud School Menu 2021



## November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Soup & Salad Bar Available Daily Milk & Dessert Served Daily	1 No School	2 Hot Dogs or Polish Dogs Sauerkraut	3 Hot Meatloaf Sandwich Mashed Potatoes & Gravy	4 Spaghetti Bread Sticks	5 Grilled Cheese Sandwiches Tomato Soup	6
7	8 Tacos Refried Beans	9 Chili Cinnamon Rolls	10 Sloppy Joes	11 Pizza	12 Cheeseburger French Fries	13
14	15 Chicken Tenders	16 Corn Dogs Macaroni & Cheese	17 Breakfast for Lunch	18 Meatballs Scalloped Potatoes	19 Super Nachos	20
21	22 Chicken Burger	23 Doritos Delight	24 No School	25 No School Happy Thanksgiving	26 No School	27
28	29 Hamburger Stew Biscuits	30 Sub Sandwiches Chips	<div>Rosebud School</div> <div>Menu</div>			

**Happy Thanksgiving**

**FORSYTH SENIOR CENTER Activities**

Mon	Tue	Wed	Thu	Fri
1 9:00 ARTHRITIS CLASS	2 9:30 CHAIR EXERCISE 12:30 WHEEL OF FORTUNE	3 12:30 PINOCHLE 9:00 ARTHRITIS CLASS	4 9:30 CHAIR EXERCISE 12:30 BINGO	5 9:00 ARTHRITIS CLASS
8 9:00 ARTHRITIS CLASS	9 BIRTHDAY DAY 9:30 CHAIR EXERCISE 12:30 LINDA WOLFF FROM ACTION AT CENTER	10 12:30 PINOCHLE 9:00 ARTHRITIS CLASS	11 Closed	12 9:00 ARTHRITIS CLASS 5:30 PM Centenarian Banquet and Senior Appreciation at the fairgrounds
15 9:00 ARTHRITIS CLASS	16 TACO TUESDAY 9:30 CHAIR EXERCISE 12:30 CRAFTS	17 12:30 PINOCHLE 9:00 ARTHRITIS CLASS	18 9:30 CHAIR EXERCISE 12:30 BINGO	19 9:00 ARTHRITIS CLASS 12:00 Thanksgiving Dinner and Celebration
22 9:00 ARTHRITIS CLASS 12:30 Decorate for Festival of Trees	23 9:30 CHAIR EXERCISE 12:30 CARD SOCIAL	24 12:30 PINOCHLE 9:00 ARTHRITIS CLASS	25 Closed Happy Thanksgiving!	26 Closed
29 9:00 ARTHRITIS CLASS	30 9:30 CHAIR EXERCISE 12:30 WHEEL OF FORTUNE	1 12:30 PINOCHLE 9:00 ARTHRITIS CLASS	2 9:30 CHAIR EXERCISE 12:30 BINGO	3 9:00 ARTHRITIS CLASS