

Fresno Congregate Menu

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Sweet & Sour Chicken with Jasmine Rice Japanese Vegetables *Cauliflower w/Carrots Whole Grain Graham Crackers Fresh Apple Milk	Breaded Pollock Cacciatore *Whole Grain Pasta Florentine Minestrone Soup Green Peas Fresh Orange Milk	Pork al Pastor Pico de Gallo Charro Beans Whole Wheat Tortilla Applesauce, 4 oz Milk	BBQ Pulled Chicken Chuckwagon Corn Broccoli Whole Grain Hamburger Bun Fresh Seasonal Fruit Chocolate Chip Cookie Milk	Chopped Beef with Steakhouse Sauce *Sweet Whipped Potatoes Green Beans Whole Wheat Roll Fresh Pear Milk
9	**10**	**11**	**12**	**13**
Swedish Meatballs *beef/pork meatballs* with Whole Grain Pasta Green Peas w/Mushrooms *Parslied Carrots Fresh Orange Milk	Chicken Pot Pie over Whole Grain Buttermilk Biscuit Whole Kernel Corn *Collard Greens Fresh Apple Milk	Creole Meatloaf Whipped Potatoes Green Beans Whole Wheat Roll Fresh Seasonal Fruit Milk Butter	Homestyle Turkey Burger *Sweet Potato Fries Broccoli Whole Grain Hamburger Bun Fresh Pear Milk	Cuban Pork Cilantro Brown Rice Fiesta Black Beans Calabacita y Corn Fresh Orange Milk
16	**17**	**18**	**19**	**20**
Creamy Tarragon Chicken *Sweet Potato Souffle Green Beans Whole Wheat Bread Fresh Apple Milk Butter	Beef Patty Whole Leaf Lettuce Baked Beans Parslied Red Potatoes Whole Grain Hamburger Bun Fresh Orange Milk Ketchup	Paella Mixta *Chicken, Sausage and Shrimp* *Brown Rice in entrée* *Fiesta Vegetables Peach Crisp Milk	Chicken Souvlaki Lentil Vegetable Pilaf Zucchini & Tomatoes Whole Grain Graham Crackers Fresh Orange Milk	Ground Beef and Broccoli Stir Fry Asian Brown Rice *Ginger Carrots Egg Drop Soup Fresh Seasonal Fruit Milk
23	**24**	**25**	**26**	**27**
Beef Chili w/Beans Succotash *Roasted Brussels Sprouts and Sweet Potatoes Whole Wheat Roll Fresh Pear Milk	Chicken Marsala Parmesan Whipped Potatoes Italian Vegetables Whole Wheat Roll Fresh Orange Milk	***Thanksgiving Meal***  Turkey Breast with Rosemary Gravy Whole Grain Cornbread Dressing w/Cranberries *Green Bean and Carrot Casserole Fresh Orange Pumpkin Pie Milk	***Closed for Holiday***	
30				
Sweet & Sour Chicken with Jasmine Rice Japanese Vegetables *Cauliflower w/Carrots Whole Grain Graham Crackers Fresh Apple Milk				

TRIO Community Meals

*High Vitamin A Source

High Vitamin C Source

*High Vitamin A & C Source

 Denotes sodium > 1000mg

1% Milk Served