



Lifestream Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Sloppy Joe Meatballs Garlic Whipped Potatoes Broccoli Carrots Saltine Crackers Snickerdoodle Crème Pie Milk Diet - Lorna Doone Cookies Cal: 711 Sodium: 1020	Chicken & Sausage Paella (Rice in entrée) Succotash w/Carrots Fresh Fruit Milk Cal: 615 Sodium: 370	BBQ Pork Riblet Macaroni and Cheese Cauliflower Hamburger Bun Rice Krispie Treat Milk Cal: 739 Sodium: 1352	<i>New!</i> Chicken Breast w/ Creamy Dijon Sauce Whole Kernel Corn Brussels Sprouts Wheat Dinner Roll Fresh Fruit Milk Cal: 590 Sodium: 832	Pizza Casserole (Pasta in entrée) Green Peas Garden Vegetable Blend Glazed Chocolate Cake Milk Diet - Graham Crackers Cal: 721 Sodium: 719
9	10	11	12	13
<i>New!</i> Onion Sage Chicken Seasoned Pasta Winter Vegetable Blend Fresh Fruit Milk Cal: 496 Sodium: 608	Brown Sugar Glazed Ham Whipped Sweet Potatoes Mixed Vegetable Blend Whole Wheat Bread Gingerbread Cake Milk Diet - Lorna Doone Cookies Cal: 708 Sodium: 1607	Closed for Holiday	Hamburger Patty Lettuce & Tomato Baked Beans Hamburger Bun Hot Pineapple Tidbits Milk Ketchup Cal: 771 Sodium: 720	Chicken Enchilada w/ Tomatillo Sauce Fiesta Rice Spanish Carrots Applesauce Milk Cal: 529 Sodium: 534
16	17	18	19	20
Meatloaf w/Brown Gravy Whipped Potatoes <i>New!</i> Lemon Garlic Green Beans Wheat Dinner Roll Butter Sugar Cookie Milk Margarine Cal: 666 Sodium: 953	Smoked Sausage w/Onions and Peppers Potato Wedges Broccoli Whole Grain Hot Dog Bun Strawberry Gelatin Milk Mustard Ketchup Diet: Sugar-Free Gelatin Cal: 844 Sodium: 1172	Ham & Black-Eyed Peas Whole Kernel Corn Collard Greens Cornbread Darlington Chocolate Chip Cookie Milk Margarine Cal: 638 Sodium: 979	Frito Pie Cilantro Lime Rice Carrots Frito Corn Chips Fresh Fruit Milk Cal: 695 Sodium: 540	Cheese Omelet Hashbrown Potatoes English Muffin Hot Peaches Milk Assorted Jelly Cal: 735 Sodium: 849
23	24	25	26	27
<i>New!</i> Chinese Chicken Jasmine Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 638 Sodium: 546	Egg Patty Breakfast Sausage Country Gravy Oven Roasted Potatoes Buttermilk Biscuit Cranberry Juice Milk Margarine Cal: 642 Sodium: 1199	Turkey Breast w/ Poultry Gravy Garlic Whipped Potatoes Seasoned Green Beans Whole Wheat Bread Pumpkin Cookie Milk Margarine Diet - Graham Crackers Cal: 593 Sodium: 1164	Closed for Holiday	Closed for Holiday
30				
Potato Crusted Pollock Delmonico Potatoes Broccoli Whole Wheat Bread Fig Bar Cookie Milk Tartar Sauce Cal: 643 Sodium: 756				

Menus subject to change

Courtney Furr RDN, LDN

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License # 37004552A



Lifestream Picnic Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Tzatziki Turkey Salad Marinated Zucchini Saltine Crackers Snickerdoodle Crème Cookie Milk Diet - Lorna Doone Cookies Cal: 670 Sodium: 681	Sliced Ham Swiss Cheese Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread (2) Fresh Fruit Milk Cal: 626 Sodium: 1121	Hummus Broccoli Salad Pasta Salad Naan Bread Rice Krispie Treat Milk Cal: 704 Sodium: 1093	<i>New!</i> Seafood Louie Salad Lettuce & Tomato Potato Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 608 Sodium: 1006	Hawaiian Chicken Salad Black-Eyed Pea Salad Cucumber Salad Saltine Crackers Glazed Chocolate Cake Milk Diet - Graham Crackers Cal: 705 Sodium: 994
9	10	11	12	13
Krab Mac Salad Green Pea Salad Tossed Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 556 Sodium: 1075	Chicken Caesar Salad Wrap California Vegetable Salad Whole Wheat Tortilla Gingerbread Cake Milk Diet - Lorna Doone Cookies Cal: 705 Sodium: 1417	Closed for Holiday	Chef Chicken Salad Corn Salad Wheat Dinner Roll Hot Pineapple Tidbits Milk Ranch Salad Dressing Cal: 631 Sodium: 590	Dill Egg Salad Lettuce & Tomato Pasta Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 762 Sodium: 581
16	17	18	19	20
Lemon Pepper Tuna Salad Lettuce & Tomato Bean Salad Whole Wheat Bread (2) Butter Sugar Cookie Milk Cal: 736 Sodium: 855	Sliced Turkey Breast Swiss Cheese Lettuce & Tomato <i>New!</i> Mexican Street Corn Salad Whole Grain Hamburger Bun Strawberry Gelatin Milk Diet: Sugar-Free Gelatin Cal: 667 Sodium: 1103	Chef Chicken Salad Beet Salad Saltine Crackers Darlington Chocolate Chip Cookie Milk Assorted Salad Dressing Cal: 567 Sodium: 879	Italian Ham Pasta Salad Green Pea Salad Saltine Crackers Fresh Fruit Milk Cal: 587 Sodium: 1250	<i>New!</i> Pesto Chicken Salad Marinated Carrots Coleslaw Saltine Crackers Hot Peaches Milk Cal: 710 Sodium: 798
23	24	25	26	27
Pimento Cheese Lettuce & Tomato Venetian Pasta Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 764 Sodium: 780	BBQ Chicken Salad Carrot Raisin Salad Whole Grain Hamburger Bun Cranberry Juice Milk Cal: 665 Sodium: 872	Krab Salad Pasta Salad Tossed Salad Saltine Crackers Pumpkin Cookie Milk Ranch Salad Dressing Diet - Graham Crackers Cal: 674 Sodium: 1133	Closed for Holiday	Closed for Holiday
30				
Sliced Ham Swiss Cheese Lettuce & Tomato Honey Lime Corn Salad Whole Wheat Bread (2) Fig Bar Cookie Milk Cal: 646 Sodium: 1116				

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