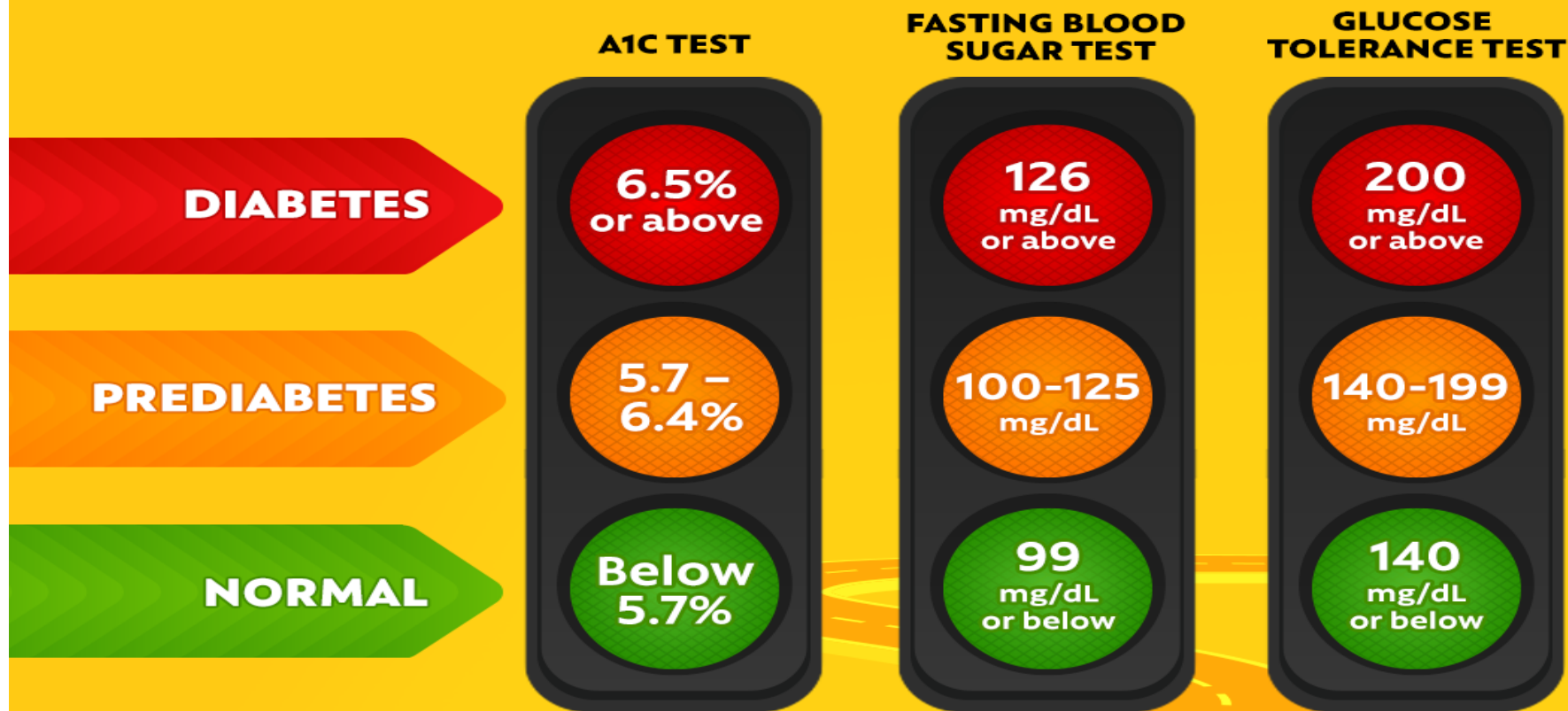


# IRON RIVER NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	
<b>IR CENTER 906-265-6134</b> <b>Salad Bar 11:00</b> <b>Meal 11:30</b>	All meals are served with choice of whole milk or juice Meals are subject to change without notification.		<b>Questions or Concerns please reach out to DICSA 906-774-2256 Ext 230, 235 or 244</b>	
<b>4</b> Taco Salad Fiesta Corn Tortilla Chips Salsa Sour Cream	<b>5</b> Cheesy Tuna Casserole Steamed Carrots Croissant	<b>6</b> Liver & Onions Roasted Garlic Potatoes Broccoli Biscuit w/ Butter	<b>7</b> Shredded BBQ Chicken on a Bun Sweet Potato Fries Peas Apple Crisp	<i>Meals are funded by program income, local millage, OSA &amp; The Area Agency on Aging.</i>
<b>11</b> Deluxe Cheeseburger Baked Mac & Cheese Potato Wedges Veterans Day	<b>12</b> Cheesy Potato Breakfast Bake Turkey Bacon Banana Cinnamon Raisin Toast	<b>13</b> Layered Chicken Casserole Cauliflower Croissant Pudding	<b>14</b> Spaghetti w/Meat Balls Green Beans Garlic Breadstick	
<b>18</b> Chicken Stir Fry w/ Veggies Boiled Rice Fortune Cookie	<b>19</b> Garlic Swai Linguine Carrots Whole Wheat Dinner Roll	<b>20</b> Unstuffed Pepper Bowl Peas Biscuit	<b>21</b> Mushroom Swiss Burger Oven Baked Fries Baked Mac & Cheese	
<b>25</b> Chicken Salad on Bun Baked Potato Chips Granola Parfait String Cheese	<b>26</b> Pancakes Hash Browns Pears Yogurt	<b>27 HOLIDAY MEAL</b> Turkey Mashed Potatoes w/Gravy Green Bean Casserole Dinner Roll Dessert	<b>28 HAPPY THANKSGIVING</b> Kitchen Closed This meal will be delivered on 11/26 along with that meal. Deluxe Chef Salad Cottage Cheese Pineapple	

# THE ROAD TO TYPE 2 DIABETES



Source: American Diabetes Association

