November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatballs with Gravy Mashed Potatoes Carrots Peaches Wheat Dinner Roll Chocolate Fluff	4 Honey Mustard Chicken Glazed Yams Steamed Broccoli Pineapple Wheat Bread Donut Holes	5 Shredded BBQ Pork Wheat Bun Chuckwagon Potatoes Creamy Coleslaw Warm Apple Crisp	6 Salisbury Steak with Gravy Peas Baked Beans Fruit Cocktail Wheat Dinner Roll Rice Krispie Treat	7 Polish Sausage Wheat Bun Buttered Corn Green Beans Pears Blondie Brownie
10 Cheeseburger Sesame Bun Broccoli Bacon Salad Seasoned Pinto Beans Glazed Pineapple	11 Ketchup Meatloaf Ranch Mashed Potatoes Scalloped Tomatoes Peaches Wheat Bread Key Lime Cookie	12 Scalloped Potatoes with Ham Diced Carrots Warm Cinnamon Applesauce String Cheese Wheat Dinner Roll Pumpkin Pudding	13 Egg Omelet Potatoes O' Brien Fresh Orange Warm Cinnamon Pears Cherry Yogurt Blueberry Muffin	14 Sweet and Sour Chicken over Rice Asian Vegetables Toasted Sesame Slaw Mandarin Oranges Fortune Cookies
17 Beef Stroganoff over Egg Noodles Mixed Vegetables Green Beans Tropical Fruit Peanut Butter Bar	18 All Beef Hot Dog Wheat Bun New Orleans Red Beans Brussel Sprouts Pineapple Double Chocolate Cookie	19 Chicken Alfredo with Bow Tie Pasta Diced Carrots Steamed Broccoli Apple Slices with Peanut Butter	20 Kansas City Riblet Hubbard Squash Peas Pineapple & Mangoes Whole Grain Biscuit Shortbread Cookies	21 Diced Chicken with Gravy Mashed Potatoes Corn Wheat Dinner Roll Peaches Butterscotch Pudding
24 Beef Taco Casserole Seasoned Black Beans Mexi - Corn Pineapple Tidbits Churro Pudding	25 Hawaiian Chicken Breast Maple Roasted Sweet Potatoes Peas and Carrots Hawaiian Dinner Roll Tropical Fruit Pumpkin Cookie	26 Roasted Turkey in Gravy Stuffing Green Beans Romaine Salad Salad Dressing Cranberry Sauce	27 	28 NO MEAL SERVICE
		Appleton, Grand Chute & Kimberly HDM **To cancel a meal, call the ADRC at 832-5178 by 8:30am the day of meal service.**		CX CUISINES - Due to National Supply Issues - Menus are Subject to Change

NOVEMBER 2025

DIABETES AWARENESS MONTH

DIABETES HAPPENS WHEN THE BODY HAS TROUBLE USING SUGAR (GLUCOSE) FOR ENERGY. WHEN BLOOD SUGAR STAYS TOO HIGH FOR TOO LONG, IT CAN HARM THE HEART, EYES, KIDNEYS, AND NERVES.THE GOOD NEWS — HEALTHY HABITS CAN HELP MANAGE OR EVEN PREVENT DIABETES!

HEALTHY FOODS FOR EVERY MEAL

TRY TO FILL YOUR PLATE WITH FOODS THAT HELP KEEP BLOOD SUGAR STEADY.

SMART CHOICES:

- **WHOLE GRAINS** – OATMEAL, BROWN RICE, OR WHOLE-WHEAT
  - HIGH IN FIBER, WHICH SLOWS SUGAR ABSORPTION.
- **LEAN PROTEIN** – TURKEY, CHICKEN, EGGS, OR FISH.
  - PROTEIN HELPS YOU STAY FULL AND KEEPS BLOOD SUGAR STABLE.
- **VEGETABLES** – GREEN BEANS, BROCCOLI, CARROTS, OR SALAD.
  - NON-STARCHY VEGGIES ARE LOW IN CARBS AND FULL OF VITAMINS.
- **FRUITS** – APPLES, PEARS, OR BERRIES.
  - WHOLE FRUIT GIVES VITAMINS AND FIBER; AVOID SUGARY JUICES.

EASY TIPS FOR HOLIDAY EATING

- TAKE SMALLER PORTIONS — ENJOY FAVORITES IN MODERATION.
- FILL HALF YOUR PLATE WITH VEGETABLES.
- CHOOSE BAKED, ROASTED, OR STEAMED FOODS INSTEAD OF FRIED.
- DRINK WATER OR UNSWEETENED TEA INSTEAD OF SODA OR SWEET DRINKS.
- A SHORT WALK AFTER MEALS CAN HELP LOWER BLOOD SUGAR.

DID YOU KNOW?

- ABOUT 1 IN 4 ADULTS OVER AGE 65 HAS DIABETES.
- EVEN A 5–10% WEIGHT LOSS CAN HELP LOWER BLOOD SUGAR AND IMPROVE HEALTH.
- STAYING ACTIVE — LIKE WALKING OR LIGHT STRETCHING — HELPS YOUR BODY USE SUGAR FOR ENERGY.