



November



Monday	Tuesday	Wednesday	Thursday	Friday
<i>USDA and this institution are equal Opportunity providers and employers</i>	<p align="center">Milk Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p>		Chicken Salad 1 On WGR Croissant Minestrone Soup Veggies Fruit Milk	WGR Spaghetti 2 With Meatballs WGR Garlic French Bread Caesar Salad Fruit Milk
Baked Potato Bar *** 5 Veggies WGR Muffin Fruit Milk	Pizza on WGR Crust 6 Caesar Salad Fruit Milk	Salisbury Steak w/ Gravy 7 Garlic Mashers Veggies WGR Roll Fruit Milk	Ground Beef Lasagna (WG) 8 Veggies Fruit WGR Garlic Bread Milk	Sliced Turkey 9 With Cranberry Sauce Mashed Potatoes w/Gravy Veggies WGR Roll Fruit Milk
Pulled Pork 12 On a WGR Hoagie Bag of Chips Veggies Fruit Milk	Cheeseburger 13 on WG Bun Lettuce & Tomatoes Jo-jo's Fruit Milk	Chicken Fettuccini (WGR) 14 Mixed Field Greens Salad WGR Garlic French Bread Fruit Milk	Tater Tot Casserole 15 With Ground Beef Cherry Tomato Salad WGR Muffin Fruit Milk	Hot Dogs on WGR Bun 16 WGR Mac N Cheese Bake Veggies Fruit Jello Milk
Chicken Patty Burger 19 on WGR Bun Broccoli Salad Chips Fruit, Milk	Egg Salad 20 on WGR Croissant Vegetarian Lentil Soup WGR Crackers Fruit Milk	Chicken Tamale Pie Bake 21 Sour Cream & Salsa WG Tortilla Chips Mixed Field Greens Salad Fruit Milk	Closed 22 For Turkey Day 	Closed 23
Chicken Enchiladas 26 WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	Cheesy Egg Bake 27 w/Veggies Sausage Links WGR French Toast w/Strawberries Milk	Tuna & Cheese Melt 28 On WGR Bread Tomato Ravioli Soup WGR Crackers Veggies Fruit, Milk	Fish (WGR Breeding) 29 WG Rice Medley Veggies WGR Biscuit Fruit Milk	BBQ Chicken Thighs 30 Potato Salad Veggies WGR Cornbread Fruit Milk

November is National Family Caregivers Month

Top 5 tips for family caregivers:

1. Find support
2. Take care of your own health
3. Accept offers of help
4. Learn how to communicate effectively with doctors
5. Take respite breaks often

It is important for caregivers to stay healthy. Ways in which to find support are: from your doctor, senior centers, your church, local support groups, online sites such as Oregon Care Partners, www.caregiveraction.org, www.caregiving.org, or www.caregiver.org. And don't forget the newly started caregiver support group at Grace Center: First Tuesday of the month 3-4:30 pm. Call us at 541-754-8417 for more information

November's Outings

For November we are going to visit Teal Art Gallery on Monday November 19th. The gallery is only open 3 months out of the year. It is a wonderful place to see locally hand-crafted items.

Our second outing on Thursday November 29th will be to a local Christmas Tree Farm where we will purchase a live Christmas Tree to bring back to Grace Center and decorate.

***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA
 Legend: WG = Whole Grain WGR = Whole Grain Rich