



NOVEMBER



THE KITCHEN

AT BILLINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Tater Tot Bar Baked Potato Bar 660 Cal	31 Turkey BLT 540 Cal	1 Italian Sausage 600 Cal	2 Beef Nachos 760 Cal	3 Crispy Catfish 340 Cal
6 Chicken Cobb Salad 480 Cal	7 Bratwurst Sandwich 530 Cal Potato Salad 170 Cal	8 Sriracha Grilled Chicken Sandwich 210 Cal	9 Beef Nachos 760 Cal	10 Crispy Catfish 340 Cal
13 Southwest Shrimp Salad 400 Cal	14 Vegetable Fried Rice 260 Cal Vegetable Egg Roll 190 Cal Asian Slaw 20 Cal	15 Buffalo Crispy Chicken Sandwich 670 Cal	16 Beef Nachos 760 Cal	17 Crispy Catfish 340 Cal
20 Tater Tot Bar Baked Potato Bar 660 Cal	21 Turkey BLT 540 Cal	22 Italian Sausage 600 Cal	23 	24 
27 Chicken Cobb Salad 480 Cal	28 Bratwurst Sandwich 530 Cal Potato Salad 170 Cal	29 Sriracha Grilled Chicken Sandwich 210 Cal	30 Beef Nachos 760 Cal	1 Crispy Catfish 340 Cal