

**Department of Senior Affairs**



**A Message From Our Center Manager**

Hello all,

And officially welcome to Fall time! Hope everyone had a wonderful summer and is now looking forward to the changing of leaves and all of the Fall activities/holidays while the weather begins to cool down (only a bit at the moment). A fun and rather busy period of time in Albuquerque is the 50th International Balloon Fiesta from Saturday October 1 – Sunday October 9.

Last month, there were a few special visitors and activities for the center. We'd like to thank and highlight:

- We'd like to thank the APD K9 Unit for their visit and wonderful demonstration during the Coffee Social!
- The Bear Canyon "Bold Beginners" Piano Group had a wonderful performance to showcase their talents for the members.
- We concluded the returning Flea Market session, the first since Covid. Thank you to all who helped and participated. We look forward to another successful season beginning next spring!
- Our very own Japanese Folk-Dance Group participated and performed in last month's Japanese Folk Festival. Congratulations!
- Yellowstone Landscaping began fall cleanup and ongoing maintenance of the facility grounds. This is very much needed to help keep our center looking in tip top shape!

Last but not least, check further in our newsletter for more upcoming unique center/department events and senior day trips!

Thank you all and have a wonderful October!

Respectfully,  
Tyler Dunn

**Center Hours**

M-W: 8a-5p      Sat: 9a - 3p  
Th: 8a-9p        Sun: Closed  
F: 8a-5p

**Dates to Remember**

Oct 3      Out to Dinner  
Oct 10     Closed- Indigenous Peoples' Day  
Oct 11     California Pizza Kitchen fundraiser  
Oct 14     Movie Matinee  
Oct 20     Lunch Bunch  
Oct 21     Special Luncheon  
Oct 25     Wagner's Farm Trip  
Oct 28     Vaccine Clinic 1-4pm  
              Painting with Suki

**Announcements**

See inside for Information about the next artisan craft fair and upcoming opportunities both here at BCSC and within our department.

Accredited by   
National Institute of Senior Centers

## GENERAL INFORMATION & ASSISTANCE

### SUGGESTION BOX

Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Place your written comments in the suggestion box located at the front desk. We ask that more personal matters be brought directly to the management's attention.

- **how about a stage @ the end of the room for performers so we can see them from the back of the room during events.**

This is a great idea and we completely understand the need for some sort of raised stage area for performers during special events. I know that previous staff and administration have looked into this in the past and one of the concerns we found was the storage of a collapsible stage. We unfortunately do not have the space to store this type of equipment at the moment, however we can try to look into some options for extra storage space for the center to then possibly obtain staging equipment in the future.

- **Have the bands play more Rumba, Cha Cha, Night Club 2 Step, Waltz, West Coast Swing, Fox Trot. Music we can dance to.**

Thank you for the suggestion. This fiscal year, we have several new bands who are still adjusting to how things work at the centers as well as the likes of the members to include style of music etc. We will be sure to pass along these suggestions to them in hopes that there can be more music to dance to.

### DRIVER SAFETY CLASSES

First Saturday of the month 9:30a-1:30p  
Third Thursday of the month 12:00p-4:00p

Cost: AARP members \$20  
non-members \$25

Call 505-767-5959 to register.



Teeniors\* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching.

First Friday of each month  
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

26TH ANNUAL  
PRIME TIME  
50+  
EXPO  
FREE EVENT

October 11  
8 am - 1:30 pm  
Embassy Suites  
1000 Woodward PI NE  
(Lomas & I-25)

## Department of Senior Affairs

### PARTICIPANT CODE OF CONDUCT

(Section 2.9: B-C; Revised March 2020)

**In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:**

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

**Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.**

### CITY OF ALBUQUERQUE



**Mayor Timothy M. Keller**

### Department of Senior Affairs

Anna M. Sanchez, Director

Chris Sanchez, Associate Director

### Bear Canyon Senior Center

#### Staff

Tyler Dunn, Center Manager

Ya Vette Bailey, Program  
Coordinator

Brenda Carroll, Office Assistant

Isaiah Barton, Program Assistant

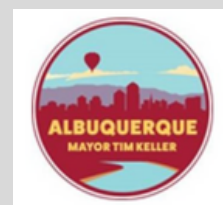
Irene Gomez, Program Assistant

Ryan Espinda, Cook

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services



## PROGRAM HIGHLIGHTS

### FRIENDS OF BEAR CANYON NEWS

#### FOBC Spotlight

In the Spotlight for the month of October is Herb Richter.

Herb was born in White Plains, NY and lived in the same house until he went to college. He entered the Navy when appointed to the US Naval Academy in Annapolis, Maryland. He received his Masters Degree in Physics while studying Nuclear Weapons effects and became the liaison between the Defense Nuclear Agency and the Nuclear Laboratories.

In 1967, Herb was assigned to Albuquerque, where he met his now deceased wife of 50 years. He and his wife enjoyed their traveling adventures. Together, they have 2 sons. One is an attorney with CYFD. The other heads up the lending arm of a local financial institution.

In 1980, Congressman Manual Lujan notified Herb that Manzano High School was granted authority to start a NJROTC program. Herb retired from the Navy and became the first Naval Science Instructor in the program. He held that position for 21 years and has lasting relationships with students from the program. Herb recalls this time of teaching and leadership as very special. He went on to get certified through UNM to teach math and science, along with other subjects. He then served as a substitute teacher for APS. His love of working with kids led Herb to volunteer at John Baker Elementary School at the end of his APS career.

At age 65, Herb joined the Bear Canyon Senior Softball team. He recently hung up his cleats. He is a music lover, enjoying classical and country western. He played trombone for many years, as does his son. He is a season ticket holder of the Lobo's Basketball team and enjoys traveling to the league tournaments. In addition, Herb is an active bridge player here at Bear Canyon.

#### GIFT BASKET DONATIONS



We would like to acknowledge the following businesses for their generous donations to our gift basket raffle: BJ's Restaurant & Brewhouse, Sauce Pizza & Wine, Canteen Brewhouse, Sadie's of NM, Village Inn, Red Lobster, Cracker Barrel, Pizza Barn, Black Angus Steakhouse, Mario's Pizzeria & Ristorante, Jason's Deli, The Range Café, Frontier Restaurant, Icon Cinema (Central), and The Adobe Theater.

**Thank you all for your participation!**

#### ==== OCTOBER FUNDRAISING ====

Tickets available on the 7th of each month.



Tuesday, Oct 11 & Wednesday, Oct 12  
11 am - 10:00 pm  
2241 Q Street NE  
505-883-3005

Many thanks to Il VICINO for being our September Restaurant of the Month!

Thanks to Papa Felipe's for the \$225 donation in August. This represents 20% of the sum spent at the restaurant.

## CALENDAR OF ACTIVITIES

### COMPUTER ROOM INFORMATION

#### OPEN COMPUTER LAB

Monday, Wednesday, and Friday  
9:00–11:00 am  
iMac, PC, and iPad available



#### WINDOWS USER GROUP

Third Wednesday of the month  
1:30 pm to 3:30 pm  
Contact person: Harold Gottlieb  
Email: hbgottl2@q.com



#### CHROMEBOOK USER GROUP

This group is no longer meeting.



#### APPLE USERS

Drop In Assistance  
Mondays 9:00 am to 11:00 am  
Contact person: Jean Maka  
Email: huntgen@gmail.com

#### BEST BUY VACCINATION CLINIC

FRIDAY, OCT 28 | 1 - 4 PM  
MULTIPURPOSE ROOM



All COVID vaccines- Pfizer, Moderna, J&J, Novavax and new Omicron booster, also- Senior & regular strength flu shots

### HEALTH

#### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month  
8:30 a.m. to 12:00 p.m.  
In the Lobby

GEHM provides a wide variety of health services to help seniors achieve and maintain a high level of health and independence. UNM nursing and pharmacy students provide the services.

#### BLOOD PRESSURE SCREENING

Wednesdays

9:00 a.m. to 11:00 a.m.

Room 2



#### RN volunteers needed

to perform the blood pressure screenings. If you are interested in volunteering, please contact Lupe at 505-401-2558.

**CALENDAR, INFORMATION & ASSISTANCE**

**DSA ADVISORY COUNCIL**

Meet the Advisory Council  
Palo Duro Senior Center  
**MONDAY, OCT 24**

11:30 a.m. - Meet the Advisory Council  
Noon - Advisory Council Meeting

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting. Please call 764-6469 for more information.

**V.F.W. POST 10763**

Post meetings are held at Bear Canyon the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

**ANNUAL THANKSGIVING LUNCHEON**

Hosted by Palo Duro Senior Center  
5221 Palo Duro Ave NE  
505-888-8102

Tickets will go on sale at Palo Duro Senior Center on October 24, 2022. Prices and details will be available soon.



**NEW MEMBER ORIENTATION**

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 a.m. to 11:30 a.m.

**MEMBERSHIP CARDS**

Membership Cards are required when purchasing meals and attending any activities at the center. Membership fee is \$20 per year and is valid at all Senior (50+) and Multigenerational centers.

**HANDOUTS AVAILABLE AT FRONT DESK**

- DSA Activity Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

**HELPFUL NUMBERS**

Department of Senior Affairs .....764-6400  
City of Albuquerque General Info .....311  
Non-emergency Police .....242-COPS (2677)  
Emergencies .....911

We will be closed  
Monday, October 10th  
in celebration of



## TRIPS, ACTIVITIES & PRESENTATIONS

### UPCOMING TRIPS

Space is limited.  
Sign up at the front desk.

#### **Tues, Oct 25 - Wagner's Farmland Experience**

Check in: 10:00 a.m. Return: 3:00 p.m.  
Cost: \$8 + taxes and fees at the door

#### **Thur, Nov 10 - Santa Fe National Cemetery**

Check in 8:45 am Return: 3:00 pm

### UPCOMING PRESENTATIONS

Sign up at the front desk.

#### **AARP SmartTEK Workshop**

Tuesday, October 4  
9:30 - 11 am Room 5 Kim Watts

#### **Tax Advantaged Investing**

Tuesday, October 11  
9 - 11 am Room 5 Edward J Schiavi, CFP

#### **Medicare 101**

**Presented by Senior Health Resources**  
Wednesday, October 12  
1 - 2 pm Room 5 Yvonne Candelaria

#### **Comadre a Comadre**

Saturday, October 15  
10:45 am - 11:45 am Room 5

#### **One on One Help with your Medicare Questions**

Tuesday, October 25  
8:30 - 11 am Room 5 Pam Baldwin

#### **Bank CD's and Treasury Alternatives**

Tuesday, November 1  
9 - 10 am Room 5 Edward J Schiavi, CFP

### OUT TO DINNER

#### **Monday, Oct 3 at Azuma Sushi and Teppen**

8104 Wyoming Blvd NE (north of Paseo del Norte)

Check in: 4:45 p.m.

Return: 8:30 p.m.



### LUNCH BUNCH

#### **Thursday, Oct 20 at**

#### **Jason's Deli**

5920 Holly Ave NE Ste A (NW of Paseo del Norte and San Pedro)

Check in: 10:45 a.m. Return: 3:00 p.m.

Please sign up at the front desk.



## CALENDAR OF ACTIVITIES

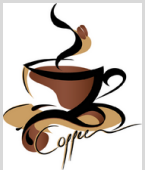
### THURSDAY NIGHT DANCE

6:00 p.m. to 8:45 p.m.



Come on Thursdays for a whirl around the dance floor. Your current membership card and \$3 will get you in for an exciting evening of music and dancing.

- Oct 6 - Long Drink of Water
- Oct 13 - Paul Pino
- Oct 20 - Roger Burns
- Oct 27 - Desert Springs



### FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. to 10:30 a.m.

Friendship Coffee is a great opportunity to gather with old friends and make new ones while enjoying a cup of coffee and a morning treat. The event is free, thanks to the generosity of these sponsors and supporters.

#### Last month's Sponsors & Special Guests:

- Sep 6 - Friends of BC & K9 Unit
- Sep 13 - Sandia Vista
- Sep 20 - MedCare
- Sep 27 - Senior Health Resource Ctr

A poster for a Halloween Luncheon. The background is a textured, aged paper color. At the top right is a spider on a web. The text is in various fonts, including a large, stylized 'Dying' and 'Join Us...'. The menu is listed on the right side. At the bottom, there is information about the date, time, and location, along with a note about membership and reservations.

**Were just  
Dying  
for you to Join Us...**

It's a **MENU**  
Halloween Special  
Luncheon  
Costumes Encouraged  
(THERE WILL BE  
A COSTUME CONTEST)

- Chicken Fried Steak w/Gravy
- Mashed Potatoes
- Cream Corn
- Biscuits
- Dinner Salad

Entertainment by:  
Lady Fingers Band  
Sponsored by:  
Presbyterian Community Health

Friday | Seating  
Oct | At  
21st | 11:30am

*Membership and Reservations are Required  
Fee \$4.00 per person - No Refunds*

### PAINTING WITH SUKI

Friday, October 28  
2:00 p.m. to 4:00 p.m.  
Room 5

Sign up at the Front Desk for the lottery drawing on October 21. Need not be present: we will notify those drawn.





**OFF-SITE OPPORTUNITIES**

**Blue Cross and Blue Shield of New Mexico  
Care Van**



Foot Care Clinic and Medicare 101 Presentation

9 am - 12 pm at each location  
Must pre-register for presentation

Highland Senior Center  
505-767-5210  
Friday, October 7

Manzano Mesa Multigenerational Center  
505-275-8731  
Thursday, October 20

Los Volcanes Senior Center  
505-767-5999  
Friday, October 28



Are you an artist or crafter interested in leveling up sales and enhancing your vendor booth?

- ✓ Grab Shoppers Attention
- ✓ Best Way to Feature Artwork & Crafts
- ✓ Create Stellar Displays

North Domingo Baca Multigenerational Center  
7521 Carmel NE 87113

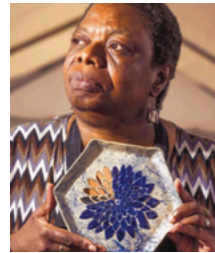
October 5, 2022 | 9am  
Pre-Registration Required  
Call 505-764-6475

Los Volcanes Senior Center  
6500 Los Volcanes NW 87121

October 5, 2022 | 1:30pm  
Pre-Registration Required  
Call 505-767-5999



Transportation is available  
Inquire at the front desk for details



**Ageless Artisan Craft Fair  
Winter Edition**

**Just in time for holiday shopping!**

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

**NOVEMBER 19, 2022 | 9AM - 1PM  
MANZANO MESA MULTIGENERATIONAL CENTER  
501 ELIZABETH SE 87123**



## Breakfast and Lunch Menu

### Oso Canyon Café

#### **Breakfast Menu**

Served 8:00 a.m. to 9:00 a.m.

Monday through Friday

Full Breakfast .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast .....	.75
1 egg, bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito .....	1.50
1 egg, bacon or sausage, hash browns (Chile optional)	

#### A-la-Carte

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Hot Cereal w/milk .....	.70
Side of Chile .....	.25

#### Waffle Wednesday:

Plain .....	1.00
With Strawberries & Cream .....	1.50
Biscuits & Gravy (Thursdays) .....	1.00
Huevos Rancheros (Fridays) .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
<b>Tea .....</b>	<b>.30</b>

#### **Lunch A-la-Carte**

Lunch is served from 11:30 a.m. to 1 p.m.

**NO reservation is required for A-la-Carte**

#### Salad

Small Garden Salad .....	1.00
Large Chef's Salad .....	2.00

#### Sandwiches

Cold Turkey .....	1.50
Turkey Melt .....	1.50
Sandwich of the day .....	1.50
Grilled Cheese .....	1.25
½ Sandwich .....	.75

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

# October Lunch Menu

Oso Canyon Café - Lunch Daily Specials - \$3.25

Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959























Lunch is served from 11:30 a.m. to 1:00 p.m.



## OCTOBER 2022

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none"> <li>♦ Carne Adovada</li> <li>♦ Spanish Rice</li> <li>♦ Pinto Beans</li> <li>♦ Roasted Corn</li> <li>♦ Pineapple</li> <li>♦ Flour Tortilla</li> <li>♦ 1% Milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Beef Stroganoff</li> <li>♦ Broccoli &amp; Red Peppers</li> <li>♦ Seasonal Vegetables</li> <li>♦ Bread Stick</li> <li>♦ Apricots</li> <li>♦ 1% Milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>♦ Omelet w/ Fajita Blend</li> <li>♦ Buttered Spinach</li> <li>♦ Tater Tots</li> <li>♦ Rice Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>♦ Meatloaf w/ Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Brussel Sprouts</li> <li>♦ Dinner Roll</li> <li>♦ Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Tilapia</li> <li>♦ Rice Pilaf</li> <li>♦ Zucchini &amp; Red Peppers</li> <li>♦ Seasonal Vegetables</li> <li>♦ Grapes</li> <li>♦ 1% Milk</li> </ul> 
<p>10</p> <p><b>CLOSED FOR INDIGENOUS PEOPLES DAY</b></p>	<p>11</p> <ul style="list-style-type: none"> <li>♦ Sweet and Sour Pork</li> <li>♦ Brown Rice</li> <li>♦ Vegetable Blend</li> <li>♦ Orange</li> <li>♦ 1% Milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>♦ Peto Pie</li> <li>♦ Pinto Beans</li> <li>♦ Spinach</li> <li>♦ Applesauce</li> <li>♦ 1% Milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Breaded Catfish</li> <li>♦ Crinkle Cut Fries</li> <li>♦ Diced Tomato</li> <li>♦ Collard Green</li> <li>♦ Cherry Cobbler</li> <li>♦ 1% Milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Macaroni and Cheese</li> <li>♦ Green Beans</li> <li>♦ Seasonal Vegetables</li> <li>♦ Cantaloupe</li> <li>♦ 1% Milk</li> </ul> 
<p>17</p> <ul style="list-style-type: none"> <li>♦ Brautwurst w/ Onion &amp; Peppers</li> <li>♦ Diced Potatoes</li> <li>♦ Stewed Tomatoes</li> <li>♦ Diced Peas</li> <li>♦ Hoagie Bun</li> <li>♦ 1% Milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Sliced Turkey w/ Gravy</li> <li>♦ Sweet Potatoes</li> <li>♦ Beets</li> <li>♦ Dinner Roll</li> <li>♦ Banana</li> <li>♦ 1% Milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>♦ Eggplant Parmesan</li> <li>♦ Pasta w/ Marinara</li> <li>♦ Carrots</li> <li>♦ Broccoli</li> <li>♦ Greek Yogurt w/ Peaches</li> <li>♦ 1% Milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Garlic Butter Tilapia</li> <li>♦ Brown Rice</li> <li>♦ Green Peas</li> <li>♦ Cauliflower</li> <li>♦ Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>21</p> <p><b>SPECIAL LUNCHEON</b></p> <p>We will not be serving the regularly scheduled options. Please reserve at another center.</p>
<p>24</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera</li> <li>♦ Green Beans</li> <li>♦ Garlic Bread</li> <li>♦ Yogurt</li> <li>♦ 1% Milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ BBQ Baked Chicken</li> <li>♦ Collard Greens</li> <li>♦ Seasonal Vegetables</li> <li>♦ Croissant</li> <li>♦ Cranberry Sauce</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% Milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Gravy</li> <li>♦ Brown Rice</li> <li>♦ Cauliflower</li> <li>♦ Green Peas</li> <li>♦ Strawberries</li> <li>♦ 1% Milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Garlic Butter Salmon</li> <li>♦ Orzo Pasta</li> <li>♦ Carrots w/ Parsley</li> <li>♦ Broccoli &amp; Cauliflower</li> <li>♦ Grapes</li> <li>♦ 1% Milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy</li> <li>♦ Pasta</li> <li>♦ Corn w/ Red Peppers</li> <li>♦ Brussel Sprouts</li> <li>♦ Tapioca Pudding</li> <li>♦ 1% Milk</li> </ul> 
<p>31</p> <ul style="list-style-type: none"> <li>♦ Red Swamp Water (Posole)</li> <li>♦ Witches Potion</li> <li>♦ Mystery Mix</li> <li>♦ Bat Wings</li> <li>♦ Ghostly Pumpkin</li> <li>♦ 1% Milk</li> </ul> 	<p>Nov. 1</p> <ul style="list-style-type: none"> <li>♦ Cheese Bugee</li> <li>♦ Tater Tots</li> <li>♦ Diced Tomatoes</li> <li>♦ Peppers &amp; Onions</li> <li>♦ Banana</li> <li>♦ Hamburger Bun</li> <li>♦ 1% Milk</li> </ul> 	<p>Nov. 2</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Ancient Gains</li> <li>♦ Broccoli</li> <li>♦ 5-Way Vegetables</li> <li>♦ Diced Peas</li> <li>♦ 1% Milk</li> </ul> 	<p>Nov. 3</p> <ul style="list-style-type: none"> <li>♦ Sliced Ham</li> <li>♦ Macaroni &amp; Cheese</li> <li>♦ Sliced Zucchini</li> <li>♦ Carrots</li> <li>♦ Pineapple</li> <li>♦ 1% Milk</li> </ul> 	<p>Nov. 4</p> <ul style="list-style-type: none"> <li>♦ Catfish</li> <li>♦ Sweet Potatoes</li> <li>♦ Pinto Beans</li> <li>♦ Collard Greens</li> <li>♦ Grapes</li> <li>♦ 1% Milk</li> </ul> 