

OCTOBER MENU

Monday

Tuesday

Wednesday

Thursday

Friday



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|--|----|--|----|---|----|---|----|--|----|
| 1% milk served with all meals | | | | | | | | | |
| Baked Meatloaf Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Sugar Date Bar w/Powdered Sugar | 4 | Cheese Tortellini w/ Meat sauce Parmesan Cheese Broccoli Florets Wheat Bread Applesauce | 5 | Chicken Vegetable Stew Brussel Sprouts Biscuit Oatmeal Craisin Cookie | 6 | Salisbury Steak w/Sauce Mashed Potatoes Peas & Onions Wheat Dinner Roll Tapioca Pudding w/Peaches | 7 | Stuffed Shells w/ Spinach Sauce Green Beans & Cannellini Beans, Parmesan Cheese Wheat Bread Mandarin Oranges w/Orange Gelatin | 8 |
| Turkey in Gravy Mashed Potatoes Broccoli Florets Cranberry Sauce Wheat Bread Yellow Birthday Cake | 11 | Chicken Cacciatore Seasoned Potatoes Peas & Carrots Wheat Bread Applesauce | 12 | Broccoli, Cheddar & Turkey Chowder - 10 OZ Italian Green Beans w/Garbanzo Beans Crackers Wheat Roll Mandarin Oranges | 13 | Sweet-n-Sour Sliced Pork w/Vegetables Brussel Sprouts Vegetable Rice Pilaf Wheat Bread Peaches | 14 | Shepherd's Pie w/Com & Mashed Potatoes Carrots Wheat Dinner Roll Pumpkin Cake | 15 |
| Pork Cutlet w/Brown Gravy Mashed Cauliflower Diced Beets Wheat Dinner Roll Peaches | 18 | Beef & Vegetable Stew With Potatoes French Green Beans Biscuit Banana Bread | 19 | Oven Fried Chicken Garlic Mashed Potatoes Spinach 100% Wheat Bread Applesauce | 20 | Turkey Meatballs Alfredo w/Asiago Cheese, Parmesan, and Spinach Home Fries Peas & Carrots Wheat Dinner Roll Pineapple Tidbits | 21 | Lasagna Roll w/Sweet Sausage Links and Marinara Sauce Brussel Sprouts Parmesan Cheese Wheat Bread Baked Sliced Apples | 22 |
| Chicken Chow Mein w/Shredded Cabbage Vegetable Rice Pilaf Oriental Vegetables Chow Mein Noodles Pears | 25 | Zucchini & Summer Squash Quiche w/Cheddar & Sausage Peas & Mushrooms Broccoli & Cauliflower Blend Wheat Bread Peaches | 26 | Roast Pork Applesauce Boiled Potatoes Diced Beets Wheat Dinner Roll Berry Crisp w/Cream | 27 | Chicken & Broccoli Casserole, Wide Egg Noodles Diced Carrots Wheat Dinner Roll Pumpkin Halloween Cake | 28 | Beef Steak B.B.Q. Sauce Italian Rice Risotto w/Diced Tomatoes Italian Vegetables Wheat Bread Pineapple Tidbits | 29 |