



October

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Lemon Chicken, Steamed Brown Rice, Warm Cornbread, Seasoned Kale & Cabbage, Marinated Cucumber Salad, Tropical Fruit Cocktail, Low fat milk	2 Pork Chop, Sauce, Seasoned Lima Beans, Seasoned Yellow Squash, Barley, Sliced Pears, Sugar Cookie, Low fat milk, Orange juice	3 Turkey Loaf, Gravy, Brown Rice, Seasoned Corn, Creamy Broccoli-Raisin Salad, Diced Peaches, Low fat milk	4 Beef Stew w/Celery & Onion, Carrots & Potatoes, Sauce, Whole Grain Roll, Romaine Salad, Fruit Cocktail, Low fat milk, Orange juice
7 Turkey Enchilada Casserole, Pinto Beans, Mexican Brown Rice, Pico de Gallo, Leaf Lettuce Salad, Pineapple Tidbits, Low fat milk	8 Beef Meatballs, Tomato Gravy, Seasoned Spinach, WG Spaghetti, Pickled Beets, Banana, Low fat milk, Orange juice	9 Baked Fish, Tartar Sauce, WG Bread, Mashed Potatoes w/Gravy, Romaine & Mesclun Mix, Tropical Fruit, Low fat milk	10 Smothered Steak, Onions & Peppers, Brown & White Rice, Seasoned Carrots, Dill Peas, Orange, Low fat milk	11 Baked Chicken, Seasoned Cauliflower, Chopped Kale, Spinach, Brussels Sprouts, Mango Salad, WG Macaroni & Cheese, Apricots, Vanilla Pudding, Low fat milk
14 Sloppy Joes, Tomato Sauce, Seasoned Ranch Corn, Carrot, Bell Pepper & Celery Salad, WG Bread, Sliced Peaches, Low fat milk	15 BBQ Chicken Breast, BBQ Sauce, Sweet Potatoes, Barley, Sliced Cucumber Salad, Orange, Low fat milk	16 Chili Colorado, Red Sauce, Brown Confetti Rice, Warm Cornbread, Creamy Broccoli-Raisin Salad, Cinnamon Applesauce, Oatmeal Cookie, Low fat milk	17 Sweet & Sour Pork, Pineapple/Red Peppers & Onion, WG Noodles, Seasoned Green Beans, Coleslaw, Asian Drsg., Banana, Low fat milk	18 Ranch Chicken, LS Peas, Brown Rice, Shredded Salad Lettuce, Tomato, Cilantro, Fresh Pear, Low fat milk, Orange juice
21 Tuna Noodle Casserole, Three Bean Salad, WG Roll, Mixed Green Salad Mesclun Mix, Fresh Apple, Low fat milk, Orange juice	22 Beef & Broccoli, LS Sauce, Tri-Color Slaw, Brown Rice, Stewed Tomatoes, Banana, Tapioca Pudding, Low fat milk	23 Chicken w/Alfredo Sauce, Seasoned Yellow Squash, Kale, Bell Pepper, Mango Salad, Barley, Sliced Peaches, Low fat milk	24 Roast Beef Au jus, Mashed Potatoes, Marinated Beet Salad, WG Bread, Pineapple Tidbits + Mango, Low fat milk	25 Turkey Piccata, LS Sauce, Seasoned Herbed Carrots, Green Beans, WG Penne Pasta, Orange, Low fat milk
28 Pepper Steak, LS Sauce, Seasoned Broccoli, Ranch Corn, Steamed Brown Rice, Pineapple chunks in juice Low fat milk, Orange juice	29 Baked Chicken, Gravy, Seasoned Black-Eyed Peas, LS Kale & Spinach, Seasoned Barley, Warm Cornbread, Orange, Low fat milk	30 Chili Macaroni-Beef, Seasoned Green Beans, Coleslaw, WG Macaroni Pasta, Fresh Apple, Low fat milk	31 Jerk Style Chicken, Seasoned Brussels Sprouts, Confetti Brown Rice, Carrot-Raisin Salad, Banana, Chocolate Chip Cookie, Low fat milk, Orange juice	



Funded By:

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