

October Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Menu subject to change.

1
Turkey Burgers
Lettuce & Tomato
Macaroni Salad
Fresh Fruit

2
Tuna Salad
Croissant
Green Salad
Tropical Fruit

3
Hawaiian Meatballs
Brown Rice
Broccoli
Pineapple

4
Chicken Noodle Bake
Whole Grain Roll
Peas & Carrots
Peaches

7
Chicken Enchiladas
Spanish Rice
Mixed Veggies
Pears

8
Cheese Tortellini
w/ Meat Sauce
Italian veggies
Peaches

9
Baked Lemon Tilapia
Rice Pilaf
Peas
Fruit Cocktail

10
Roast Beef Sandwich
Whole Grain Bread
Pasta & Veggie Salad
Fresh Fruit

11
Pizza Day!
Caesar Salad
Pineapple

14
Breaded Shrimp
Wild Rice
Zucchini
Mandarin Oranges

15
Pulled Pork
Whole Wheat Bun
Cole Slaw
Pineapple

16
Egg Salad
Whole Grain Roll
Cucumber & Tomatoes
Fruit w/ Berries

17
Chicken Nuggets
Dices Potatoes/Roll
Mixed Veggies
Peaches

18
Turkey Sandwich
Lettuce & Tomato
Potato Salad
Tropical Fruit

21
Turkey Chili
Corn Muffins
Green Salad
Applesauce

22
Chicken w/ Wild Rice
French Green Beans
Almondine
Peaches

23
Chicken Noodle Soup
Mixed Veggies
Oyster Crackers
Fruit Cocktail

24
Fish Cacciatore
Whole Wheat Roll
Baby Bakers & Veggies
Mandarin Oranges

25
Beef Bolognese
Whole Grain Pasta
Italian Veggies
Fresh Fruit

28
Salisbury Steak
Sweet Potatoes
Veggie Medley
Pineapple

29
BBQ Chicken
Baked Beans
Green Salad & Roll
Fresh Fruit

30
Crab Cakes
Rice Pilaf
Mixed Veggies
Mandarin Oranges

31
Halloween Spaghetti
w/ Eyeballs
French mummy Bread
Spooky Fruit & Veggies



Morning And Afternoon Snacks Are Served Daily. Lunch is served 11:30 to 12:30 p.m. Lunch Is Served With: 1% Unflavored Milk, Fruit And Bread Or Roll Unless Fulfilled By Another Approved Grain. Fish, Chicken Breast, Brown Rice And A Second Vegetable Are Available Upon Request.