

# OCTOBER

# 2018

ALL MEALS ARE SERVED WITH MILK AND WATER, COFFEE/TEA

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1  
 ROAST TURKEY  
 GRAVY  
 MASHED POTATOES  
 BROCCOLI  
 FRIED APPLES  
 WHEAT BREAD  
 MARGARINE

2  
 SALISBURY STEAK  
 BROWN GRAVY  
 MASHED POTATOES  
 LIMA BEANS  
 WHEAT BREAD  
 TROPICAL FRUIT SALAD

3  
 WHITE BEANS W/HAM & ONIONS  
 SEASONED GREENS  
 COOKED CABBAGE  
 CORNBREAD  
 CINNAMON APPLES

4  
 CHILI WITH BEANS  
 GRILLED CHEESE SANDWICH  
 RED & GREEN PEPPER STRIPS  
 MANDARIN ORANGES  
 SALTINES

5  
 CHICKEN SALAD  
 WHEAT BREAD  
 LETTUCE/TOMATO/ONION  
 VANILLA PUDDING  
 ORANGE JUICE

8  
 GRILLED CHICKEN BREAST SANDWICH  
 SALAD TOSSED W/TOMATO  
 GARBANZO BEANS  
 RC MAYO  
 WHOLE WHEAT CRACKERS

9  
 FRIED PORK CHOP  
 SLICED TOMATOES  
 BREAKFAST BISCUIT  
 BANANA  
 TOTAL CEREAL  
 SUNFLOWER SEEDS

10  
 BEEF STEW  
 CREAMY COLE SLAW  
 FRESH BAKED ROLL  
 BAKED APPLES  
 PINEAPPLE JUICE

11  
 PINTO BEANS  
 AMERICAN FRIED POTAOES  
 BEETS  
 CORNBREAD  
 ONION YELLOW  
 TROPICAL FRUIT SALAD  
 MARGARINE

12  
 BBQ CHICKEN BREAST  
 MASHED POTATOES  
 MIXED VEGETABLES  
 WGRAIN BREAD  
 MARGARINE  
 FRIED APPLES  
 GRANOLA BAR

15  
 CHEESEBURGER  
 LETTUCE/TOMATO/ONION  
 FRENCH FRIES  
 PINEAPPLE CHUNKS  
 SUNFLOWER SEEDS  
 KETCHUP

16  
 MEATLOAF  
 CHEESY MASHED POTATOES  
 GREEN BEANS  
 WHEAT BREAD  
 ONION YELLOW  
 BANANA  
 MARGARINE

17  
 LASAGNA  
 CAULIFLOWER  
 CHILLED PEACHES  
 TOSSED SALAD  
 WHOLE GRAIN BREADSTICK  
 CINNAMON STREUSEL COFFEE  
 CAKE  
 SUNFLOWER SEEDS  
 LIGHT RANCH PKT  
 MARGARINE

18  
 BAKED CHICKEN  
 BAKED POTATO  
 GREEN PEAS  
 WHEAT BREAD  
 MANDARIN ORANGES  
 SOUR CREAM AND CHIVES  
 TOMATO SLICES  
 MARGARINE

19  
 BREADED PORK TENDERLOIN  
 SWEET POTATOES  
 CORN  
 ONION YELLOW  
 WHEAT BREAD  
 TROPICAL FRUIT SALAD  
 MARGARINE

22  
 BBQ CHICKEN BREAST  
 MASHED POTATOES  
 MIXED VEGETABLES  
 WGRAIN BREAD  
 MARGARINE  
 FRIED APPLES  
 GRANOLA BAR

23  
 SLOPPY JOE  
 COLE SLAW  
 SEED SUNFLOWER KERNERLS UNSALTED  
 GREEN BEANS  
 BANANA

24  
 BBQ PORK SANDWICH  
 BAKED BEANS  
 POTATO SALAD  
 COLE SLAW  
 TROPICAL FRUIT SALAD

25  
 SEASONED BEANS W/HAM BITS  
 SEASONED GREENS  
 ONIONS DICED  
 CORNBREAD  
 MARGARINE  
 CINNAMON APPLES

26  
 ROAST TURKEY  
 MASHED POTATOES  
 ITALIAN GREEN BEANS  
 FRESH BAKED ROLL  
 SLICED TOMATOES  
 BROWN GRAVY  
 SUGAR COOKIE  
 MANDARIN ORANGES

29  
 FRIED PORK CHOP  
 SWEET POTATOES  
 COOKED CABBAGE  
 FRESH BAKED ROLL  
 MARGARINE  
 BANANA  
 RAISINS

30  
 SPINACH SALAD  
 TUNA SALAD  
 PICKLED BEETS  
 RED GRAPES  
 WHOLE WHEAT CRACKERS

31  
 MEATLOAF  
 MASHED POTATOES  
 BROCCOLI  
 CINNAMON APPLES  
 FRESH BAKED ROLL  
 MARGARINE