



OCTOBER 2017



Low Fat Milk Provided With Daily Meals

Monday	Tuesday	Wednesday	Thursday	Friday	
<p style="text-align: right;">2</p> <p>Roast Beef/ Brown gravy Mashed Potatoes Sliced Carrots Waldorf Salad Sliced Whole Wheat Bread Banana Pudding</p> 	<p style="text-align: right;">3</p> <p>Chicken Fajita w/Breast Meat Flour Tortilla Fajita Vegetables Chuck Wagon Corn Spanish Rice Fruit Cocktail</p>	<p style="text-align: right;">4</p> <p>Shaved Turkey Sandwich Tomato, Lettuce, Pickle Broccoli Raisin Salad Macaroni Salad Pineapple Tidbits</p>	<p style="text-align: right;">5</p> <p>Roast Pork Sweet Potatoes Succotash Whole Wheat Roll Banana Pudding</p>	<p style="text-align: right;">6</p> <p>Cheeseburger Potato Wedges Tomato Wedge Salad Melon Medley</p> 	
<p style="text-align: right;">9</p> <p>Beef Stroganoff Noodles Whole Wheat Roll Margarine Mixed Vegetables Winter Fruit Cup</p>	<p style="text-align: right;">10</p> <p>Baked Chicken Breast Baked Potato / Sour Cream Margarine Peas Pineapple Tidbits Chocolate Pudding</p>	<p style="text-align: right;">11</p> <p>Sweet & Sour Chicken Fried Rice Mixed Vegetables Tossed Salad w/ Dressing Fruit Parfait</p>	<p style="text-align: right;">12</p> <p>BBQ Beef Sandwich Tater Tots Carrots & Zucchini Ambrosia</p> 	<p style="text-align: right;">13</p> <p>Hot Dog on Bun Mustard Baked Potato w/ Sour Cream Seasoned Broccoli Pineapple Gelatin</p>	
<p style="text-align: right;">16</p> <p>Roast Turkey Savory Bread Dressing Candied Sweet Potatoes Green Beans Pineapple Tidbits Wheat Roll</p> 	<p style="text-align: right;">17</p> <p>Baked Ham/Pineapple Lima Beans Chuck Wagon Corn Chocolate Chip Cookie Wheat Roll</p>	<p style="text-align: right;">18</p> <p>Beef Goulash Navy Beans Broccoli Oatmeal Raisin Cookie Wheat Dinner Roll</p> 	<p style="text-align: right;">19</p> <p>BBQ Chicken Thigh Mashed Potatoes Carrot Raisin Salad Baked Apple Cornbread</p>	<p style="text-align: right;">20</p> <p>King Ranch Casserole (Tortilla in recipe) Spanish Rice Pinto Beans Brownie Tortilla</p>	
<p style="text-align: right;">23</p> <p>Beef Tips/ Rice Meadow Blend Vegetables/Corn Wheat Roll Chocolate Cake/Strawberries</p>	<p style="text-align: right;">24</p> <p>Sloppy Joe on Bun Country Potato Salad Carrots & Zucchini Creamy Fruit Square</p>	<p style="text-align: right;">25</p> <p>Chicken Fried Steak Mashed Potatoes Country Gravy Stewed Okra Seasoned Corn Pumpkin Square</p>	<p style="text-align: right;">26</p> <p>Beef Taco Bake Spanish Rice Cauliflower Tossed Salad/ Dressing Country Apple Crisp</p>	<p style="text-align: right;">27</p> <p>Pork Chop Black-Eye Peas Spinach Baked Apple Slices Cornbread</p> 	
<p style="text-align: right;">30</p> <p>Salisbury Steak Diced Potatoes skin on English Peas Fruit Salad in Juice Wheat Roll</p>	<p style="text-align: right;">31</p> <p>Homestyle Lasagna Garlic Bread Brussel Sprouts Pears</p> 				