

*All our meals have fresh fruits and unprocessed meat. We will not use processed meat, canned fruits or frozen fruits.
All meat is freshly prepared.*

October Menu 2016

Monday	Tuesday	Wednesday	Thursday	Friday
10/03 Turkey & Rice Spinach Oranges Milk	10/04 Chicken Spaghetti Broccoli Bananas Milk	10/05 Sloppy Joes Peas Strawberries Milk	10/06 Baked Chicken Green Beans Apples Milk	10/07 Turkey Frito Pie Corn Pineapple Milk
10/10 Chicken & Rice Carrots Oranges Milk	10/11 Cheeseburger Macaroni Peas Apples Milk	10/12 Turkey Meatloaf Buttered Potatoes Green Beans Bananas Milk	10/13 Chicken Enchiladas Broccoli Pears Milk	10/14 Spaghetti w/ Meat Sauce Mixed Vegetables Pineapple Milk
10/17 Spanish Rice w/ Beef Mixed Vegetables Oranges Milk	10/18 Chicken & Noodles Broccoli Bananas Milk	10/19 Cheeseburger Macaroni & Cheese Green Beans Strawberries Milk	10/20 Turkey and Rice Corn Apples Milk	10/21 Sour Cream Chicken Enchiladas Peas and Carrots Pineapple Milk
10/24 Spaghetti w/ Meat Sauce Broccoli Apples Milk	10/25 Turkey Frito Pie Mixed Vegetables Bananas Milk	10/26 Meatloaf Corn Blueberries Milk	10/27 Bar-B-Q Chicken Buttered Potatoes Green Beans Pears Milk	10/28 Turkey and Noodles Peas & Carrots Pineapple Milk
10/31 Turkey & Rice Spinach Oranges Milk	11/01 Chicken Spaghetti Broccoli Bananas Milk	11/02 Sloppy Joes Peas Strawberries Milk	11/03 Baked Chicken Green Beans Apples Milk	11/04 Turkey Frito Pie Corn Pineapple Milk

Breakfast:

M: Quiche, Fruit & Milk
T: Butter Toast, Fresh Fruit & Milk
W: Breakfast Bars, Fruit & Milk
Th: French Toast, Fruit & Milk
F: Potato Quiche, Fresh Fruit & Milk

Snacks For PM:

M: Cheese & Crackers
T: Graham Crackers & Juice
W: Cheese Sandwiches
Th: Pretzels & Juice
F: Cheese Its & Juice

