

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 2108

Monday	Tuesday	Wednesday	Thursday	Friday
10/01 Italian Meat Lasagna Cauliflower Medley Apples Milk	10/02 Chicken Pot Pie Mashed Potatoes Green Beans Pears Milk	10/03 Pinto Beans Mashed Sweet Potatoes Bananas Milk	10/04 Chicken Stir-Fry Asian Medley Oriental Rice Pineapple Milk	10/05 Cheeseburger Potato Wedges Raw Veggie Dippers Oranges Milk
10/08 Beef Stroganoff Glazed Carrots Apples Milk	10/09 Crispy Fish Filet Creamy Slaw Buttered Corn Pears Milk	10/10 Crispy Beef Tacos Black Beans Fiesta Rice Bananas Milk	10/11 Oven Fried Chicken Mashed Potatoes Green Beans Pineapple Milk	10/12 BBQ Chicken Potato Wedges Raw Veggie Dippers Oranges Milk
10/15 Baked Cheese Tortellini Broccoli Apples Milk	10/16 Roast Pork & Gravy Mashed Potatoes Glazed Carrots Pears Milk	10/17 Korean Chicken Asian Medley Oriental Rice Bananas Milk	10/18 Fiesta Cheeseburger Macaroni Mexican Corn Salad Pineapple Milk	10/19 Cheeseburger Potato Wedges Raw Veggie Dippers Oranges Milk
10/22 Twisted Chicken Alfredo Rustic Greek Medley Apples Milk	10/23 Cheese Enchiladas Refried Beans Fiesta Rice Pears Milk	10/24 Glazed Meatloaf Mashed Potatoes Green Beans Bananas Milk	10/25 Roast Pulled Pork Roast Sweet Potatoes Broccoli Slaw Pineapple Milk	10/26 Sloppy Joe Sandwich Raw Veggie Dippers Oranges Milk
10/29 Spaghetti & Meat Sauce Broccoli Apples Milk	10/30 BBQ Chicken Baked Beans Creamy Slaw Pears Milk	10/31 Salisbury Steak & Gravy Mashed Potatoes Green Beans Bananas Milk	11/01 Chicken Soft Tacos Charro Style Pintos Fiesta Rice Pineapple Milk	11/01 Filet of Fish Sandwich Raw Veggie Dippers Oranges 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: Tuna fish & Crackers & Juice
W: Cheese Sandwiches
Th: Pretzels & Juice
F: Cheese Its & Juice

