

*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 2017

Monday	Tuesday	Wednesday	Thursday	Friday
10/02 Roasted Turkey Sweet Potatoes Spinach Apples Milk	10/03 Chicken Chop Suey Carrots Bananas Milk	10/04 Beef Enchiladas Black Beans Grapes Milk	10/05 Bar-B-Q Chicken Buttered Potatoes Peas Oranges Milk	10/06 Cheeseburger Carrots Pineapple Milk
10/09 Crispy Fish Spinach Oranges Milk	10/10 Chicken Spaghetti Steamed Broccoli Bananas Milk	10/11 Chicken Taco Pinto Beans Pears Milk	10/12 Turkey Meatloaf Potatoes Green Beans Apples Milk	10/13 Sloppy Joes Carrots Pineapple Milk
10/16 Baked Ham Sweet Potatoes Spinach Apples Milk	10/17 Chicken Tetrzzini Broccoli Bananas Milk	10/18 Beef and Spanish Rice Black Beans Pears Milk	10/19 Honey Lemon Chk Buttered Potatoes Green Beans Oranges Milk	10/20 Cheeseburger Carrots Pineapple Milk
10/23 Beef Shepard's Pie Green Beans Oranges Milk	10/4 Chicken Noodles Broccoli Bananas Milk	10/25 Beef Tamale Pie Pinto Beans Grapes Milk	10/26 Salisbury Steak Potatoes Spinach Apples Milk	10/27 Sloppy Joes Carrots Pineapple Milk
10/30 Pulled Pork Corn Baked Beans Apple Milk	10/31 Spaghetti Meat Sauce Carrots Bananas Milk	11/01 Chicken Tetrzzini Broccoli Pears Milk	11/02 Salisbury Steak Buttered Potatoes Green Beans Oranges Milk	11/03 Cheeseburger Carrots 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: Tuna fish & Crackers & Juice
W: Cheese Sandwiches
Th: Pretzels & Juice
F: Cheese Its & Juice

