

MOA Menu – October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 10/04 Beef Spaghetti Caesar Salad Glazed Carrots 1% White Milk | 10/05 Chicken Fried Chicken Mashed Potatoes Cream Gravy Green Beans 1% White Milk | 10/06 Cheese Enchiladas Savory Pinto Beans Lettuce & Tomato Salad 1% White Milk | 10/07 Ham Mac & Cheese House Salad Steamed Broccoli 1% White Milk | 10/08 Cheeseburger Potato Wedges Baked Beans 1% White Milk |
| 10/11 Cheese Calzone Caesar Salad Glazed Carrots 1% White Milk | 10/12 Chicken Nuggets Mashed Potatoes Green Beans Cream Gravy 1% White Milk | 10/13 Beef Soft Tacos Creamy Refried Beans Lettuce, Tomato & Cheese 1% White Milk | 10/14 Chicken Spaghetti House Salad Steamed Broccoli 1% White Milk | 10/15 Cheeseburger Potato Wedges Baked Beans 1% White Milk |
| 10/18 Pepperoni Calzone Caesar Salad Glazed Carrots 1% White Milk | 10/19 Country Fried Steak Fingers Mashed Potatoes Green Beans Cream Gravy 1% White Milk | 10/20 Beef Enchiladas Creamy Refried Beans Lettuce & Tomato Salad 1% White Milk | 10/21 Chicken Alfredo Pasta House Salad Steamed Broccoli 1% White Milk | 10/22 Cheeseburger Potato Wedges Baked Beans 1% White Milk |
| 10/25 Beef Spaghetti Caesar Salad Glazed Carrots 1% White Milk | 10/26 Chicken Fried Chicken Mashed Potatoes Cream Gravy Green Beans 1% White Milk | 10/27 Cheese Enchiladas Savory Pinto Beans Lettuce & Tomato Salad 1% White Milk | 10/28 Ham Mac & Cheese House Salad Steamed Broccoli 1% White Milk | 10/29 Cheeseburger Potato Wedges Baked Beans 1% White Milk |

Breakfast:

M: Quiche, Fresh Bananas, 1% Milk
 T: Buttered Toast, Fresh Apples, 1% Milk
 W: Quiche, Fresh Oranges, 1% Milk
 Th: French Toast, Fresh Pears, 1% Milk
 F: Potato Quiche, Fresh Apples, 1% Milk

PM Snacks:

M: Whole Grain Crackers & Sliced Cheese
 T: Whole Grain Fish Crackers & Cheddar Cheese
 Stick
 W: Cheese Sandwiches
 Th: Whole Grain Crackers & Mozzarella String
 Cheese
 F: Cheese Its & Marble Jack Cheese Stick