

OCTOBER HOT MENU

Monday 10/3/2022	Tuesday 10/4/2022	Wednesday 10/5/2022	Thursday 10/6/2022	Friday 10/7/2022
Potato Crunch Fish Filet* Baked Sweet Potato Zucchini & Tomatoes* WG Dinner Roll/Marg Tropical Fruit Mix	BBQ Meatballs Potato Medley Mixed Vegetables* WG Petite Roll/Marg Fresh Orange	Breakfast for Lunch! Western Omelet* w/ Cheese Sauce Cinnamon Roll Breakfast Potatoes Fresh Banana 100% Orange Juice Cup	Sweet & Sour Chicken Breast Rice Pilaf Cauliflower* Fortune Cookie Cinnamon Raisin Brea/Marg Tapioca Pudding	All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Seasoned Potato Wedges* Corn* Pineapple & Strawberries
Monday 10/10/2022	Tuesday 10/11/2022	Wednesday 10/12/2022	Thursday 10/13/2022	Friday 10/14/2022
Chicken Cordon Bleu w/ Swiss Mornay Sauce Whipped Potatoes Green Beans* Hearth Roll/Margarine Peaches	Oven Roasted Pork Chop w/ Pork Gravy Baked Sweet Potato Brussels Sprouts* 100%Whole Wheat Bread/Marg Peanut Butter Cookie	Sliced Roast Beef & Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Decorated Birthday Cake	Seafood Chowder Garlic & Butter Diced Reds Winter Blend Veggies* Wheatberry Roll/Marg Fruit Mix	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* Sourdough Roll/Marg Mandarin Oranges
Monday 10/17/2022	Tuesday 10/18/2022	Wednesday 10/19/2022	Thursday 10/20/2022	Friday 10/21/2022
Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots Broccoli* Fortune Cookie Strawberry Yogurt Cup	Beef Ravioli in Marninara Sauce Mixed Greens Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce	10-Grain Fish Filet* Cheesy Whipped Potatoes Green Beans* WG Dinner Roll/Marg Fruited Gelatin or Fruited Diet Gelatin Tartar Sauce PC	Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on a WG Hamburger Bun Seasoned Potato Wedges* Chuckwagon Corn* Sliced Apricots	Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies* Honey Wheat Bread/Marg Chocolate Brownie
Monday 10/24/2022	Tuesday 10/25/2022	Wednesday 10/26/2022	Thursday 10/27/2022	Friday 10/28/2022
Chicken Fried Steak* & Gravy Garlic Mashed Potatoes Country Blend Vegetables* Vienna Bread Slice/Marg Fresh Orange	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes WG Dinner Roll/Marg Pear Slices	BBQ Chicken Breast on WG Hamburger Bun BBQ Baked Beans Broccoli Fudge Round	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Mixed Greens Salad/Dress Vienna Bread Slice/Marg Diced Peaches	Salisbury Steak with Brown Gravy Loaded Mashed Potatoes Green Beans* WG Dinner Roll/Marg Applesauce
Monday 10/31/2022				
BBQ Meatballs Potato Medley Mixed Vegetables* WG Dinner Roll/Marg Pumpkin Fluff or Diet Cookies <i>Happy Halloween</i>			All lunches are served with 1% or skim milk and a smile	Suggested contribution for lunch is \$4.25

OCTOBER DELI MENU

Monday 10/3/2022	Tuesday 10/4/2022	Wednesday 10/5/2022	Thursday 10/6/2022	Friday 10/7/2022
<p>Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Pea Salad Tropical Fruit Mix</p> <p>Monday 10/10/2022</p>	<p>Creamy Cheese Tortellini over Mixed Greens Salad Grape Tomatoes & Black Olives Croutons Fresh Orange</p> <p>Tuesday 10/11/2022</p>	<p>Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Fresh Banana</p> <p>Wednesday 10/12/2022</p>	<p>Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Tapioca Pudding</p> <p>Thursday 10/13/2022</p>	<p>Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Pineapple & Strawberries</p> <p>Friday 10/14/2022</p>
<p>Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch WG Breadstick Peaches</p> <p>Monday 10/17/2022</p>	<p>Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch WG Breadstick Peanut Butter</p> <p>Tuesday 10/18/2022</p>	<p>Italian Herb Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square</p> <p>Wednesday 10/19/2022</p>	<p>Three Meat Sandwich Turkey, Ham, Roast Beef & American Cheese on Vienna Bread Herb Roasted Potato Salad Fruit Mix</p> <p>Thursday 10/20/2022</p>	<p>Ham Salad on Rye Bread w/ Lettuce & Tomato Cowboy Caviar Mandarin Oranges</p> <p>Friday 10/21/2022</p>
<p>Italian Sandwich Turkey, Ham, Pepperoni Cheese, Peppers & Red Onions on Vienna Bread Coleslaw Strawberry Yogurt Cup</p> <p>Monday 10/24/2022</p>	<p>Chicken Caesar Salad w/ Caesar Dressing Parm. Cheese & Croutons over Mixed Greens Salad Crackers(2pk) 100% Orange Juice Cinnamon Applesauce</p> <p>Tuesday 10/25/2022</p>	<p>Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Fruited Gelatin</p> <p>Wednesday 10/26/2022</p>	<p>Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Sliced Apricots</p> <p>Thursday 10/27/2022</p>	<p>BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) Vegetable Juice Choc. Brownie</p> <p>Friday 10/28/2022</p>
<p>Chicken Pasta Salad Three Bean Salad Tomato Wedges WG Breadstick Fresh Orange</p> <p>Monday 10/31/2022</p>	<p>Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Potato Salad Pear Slices</p>	<p>Classic Chef Salad Ham & Swiss Cheese Egg & Grape Tomatoes over Mixed Greens Salad 100% Orange Juice Crackers(2pks)</p>	<p>Cobb Salad with Bacon Diced Egg, Chicken & Ham with Bleu Cheese Crumbles over Mixed Greens Salad 100% Apple Juice Crackers(2pkg)</p>	<p>Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad Crackers(2pk) 100% Grape Juice</p>
<p>BBQ Meatballs Potato Medley Mixed Vegetables* WG Dinner Roll/Marg Pumpkin Fluff or Diet Cookies <i>Happy Halloween</i></p>			<p>All lunches served with 1% or skim milk and a smile</p>	<p>Suggested Contribution of \$4.25 for lunches</p>