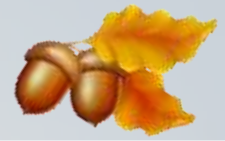




October LUNCH MENU



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken Fried Steak Mashed Potatoes w/ gravy Green beans Wheat roll Chocolate Chip Cookie	2 Garlic Pepper Pork Chop Potatoes O'Brien Green Peas Whole Wheat Roll Bread Pudding	3 BIRTHDAY MEAL Oven Baked Chicken Mashed Potatoes & Gravy Corn on the Cob Sour Cream Raisin Pie	4 Honey Mustard Chicken Baked Potato/Sour Cream Spinach Casserole Whole Wheat Roll Pound Cake w/ Berries	5 Oven Fried Fish French Fries Creamy Cole Slaw Whole Wheat Roll Cherry Cobbler	6 BBQ Chicken Au gratin Potatoes Baked Beans Cornbread Chocolate Cream Pie
7 Pot Roast Potatoes & Onions Celery & Carrots Whole Wheat Roll Fruit Pie	8 Chicken Parmesan Marinara Sauce Buttered Pasta Italian Vegetables Breadstick Sugar Cookie	9 BBQ Brisket Corn Casserole Creamy Cole Slaw Whole Wheat Roll Rice Pudding	10 Ham & Beans Tossed Salad Dressing Corn Bread Spice Cake	11 Roast Beef Garlic Mashed Potatoes/Gravy Dill Carrots Whole Wheat Roll Caramel Apple Bar	12 Beer Batter Fish Baked Potato Wedges Seasoned Peas Wheat Bread Gelatin Cubes w/ Topping	13 Roast Turkey Red Potatoes Broccoli w/Cheese Sauce Whole Wheat Roll Peanut butter Square
14 Pork Roast/Gravy Honey Roasted Sweet Potatoes Green Beans Whole Wheat Roll Lemon Cream Pie	15 Glazed Meatloaf Baked Potato Half/sour cream Peas & Pearl Onions Wheat Bread Strawberry Shortcake	16 Smoked Pit Ham Au Gratin Potatoes Spinach Whole Wheat Roll Pineapple Upside Down Cake	17 Hot Turkey Sandwich w/Gravy Mashed Potatoes/Gravy Sautéed Fresh Vegetables Brownie	18 Salisbury Steak/Gravy Cottage Potatoes Brussels Sprouts Whole Wheat Roll Frosted Angel Food Cake	19 Salmon Patty Garlic Parmesan Pasta California Vegetables Whole Roll Chilled Peaches	20 Baked Ziti w/ Sauce Italian Vegetables Garlic Bread Cheese Cake
21 Oven Fried Chicken Bacon Cheddar Potatoes Green Beans Whole Wheat Roll Cherry Pie	22 Hamburger Steak w/Onion Gravy Potatoes Buttered Corn Whole Wheat Roll Fruit Crisp	23 Herb Baked Chicken Baked Potato Half/Sour Cream Carrots Whole Wheat Roll Pear a la Cream	24 Beef Tips Buttered Noodles Beets Whole Wheat Roll Fruit Cup	25 Pork Chop Supreme Sweet Potatoes Cauliflower Cornbread Peanut Butter Chocolate Bar	26 Norwegian Fish Pesto Pasta Yellow Squash Whole Wheat Roll Frosted Cupcake	27 Oven Fried Chicken Mashed Potatoes/Gravy Peas Biscuit Watermelon
28 Baked Ham Baked Potato Half Cabbage Wheat Roll Apple Pie	29 Crispy Ranch Chicken Hash Brown Casserole Sugar Snap Peas Wheat Roll Coconut Cake	30 Steak Tips w/ Mushroom Sauce Mashed Potatoes/Gravy Buttered Corn Wheat Bread Oreo Delight	31 Pork Roast/Gravy Parmesan Potatoes Lima Beans Whole Wheat Roll Spiced Peaches	 Happy Fall		