

October 2019

Mon	Tue	Wed	Thu	Fri
	1 Salisbury Steak w/gravy Mixed Vegetables Egg Noodles Wheat Roll Seasonal Fruit Milk	2 Spaghetti w/ Meat Sauce Tossed Salad Winter Blend Vegetables Garlic Bread Orange Whip Milk	3 BBQ Ribs Carrots Corn Roll Fruited Jello Milk	4 Pinto Beans Greens Red Potatoes Cornbread Fruit Cocktail Milk
7 Baked Ziti Tossed Salad Broccoli Garlic Roll Cinnamon Baked Apples Milk	8 Chicken Tenders Mac & Cheese Lima Beans Roll Seasonal Fruit Milk	9 Sloppy Joes Baked Potato Coleslaw Hamburger Bun Peaches Milk	10 Egg Salad Sandwich Potato Soup Blushing Pears Milk	11 Chicken Pot Pie Beets Roll Fruit Cobbler Milk
14 Meat Loaf w/ Tomato Sauce Mashed Potatoes Green Beans Wheat Roll Angel Food Cake w/Fruit Milk	15 Smoke Sausage Steamed Cabbage Peas & Carrots Dinner Roll Banana Milk	16 Grilled Chicken Cheese Lettuce & Tomato Steak Fries Hamburger Bun Fruit Cobbler Milk	17 Baked Ham w/pineapple Greens Baked Sweet Potato Roll Tropical Fruit Milk	18 Chili w/ Beef & Beans Tossed Salad Cornbread Seasonal Fruit Milk
21 Beef Stroganoff & Gravy California Blend Noodles Wheat Roll Seasonal Fruit Milk	22 Chicken Sandwich Cheese Lettuce & Tomato Marinated Vegetable Salad Fruit Juice Milk	23 Hamburger Patty Vegetarian Baked Beans Lettuce & Tomato Hamburger Bun Fruit Fluff Milk	24 Pork Chop w/ White Gravy Cauliflower Red Potatoes Dinner Roll Fruit Cocktail Milk	25 Breaded Fish Mac & Cheese Broccoli Roll Tropical Fruit Milk
28 Pork Roast w/Gravy Baby Baker Potato Squash Cheese Biscuit Peanut Butter Cookie Juice & Milk	29 Chicken, Broccoli, & Rice Casserole Mixed Vegetables Stewed Tomatoes Roll Chocolate Pudding Milk	30 Pepper Steak w/Gravy Peas & Carrots Rice Egg Noodles Roll Juice & Milk	31 BBQ Pulled Pork Green Beans Coleslaw Hamburger Bun Banana Pudding Cake Milk	