

October 2021 Menu

(Substitutions may be necessary without advanced notice.)

Mon	Tue	Wed	Thu	Fri
				1 Chicken Fried Steak or Liver & Onions (sites only) Mashed Potatoes / Gravy Peas & Onions Wheat Bread / Milk
4 White Chicken Chili Roasted Potatoes Brussels Sprouts Cornbread Milk	5 Turkey Florentine Carrots Lima Beans Green Salad Orange Juice Wheat Bread // Milk	6 Pork Roast & Gravy Sweet Potatoes Green Beans Chunky Applesauce Graham Crackers Multigrain Bread / Milk	7 Lemon Herb Cod Brown Rice Spring Blend Veggies Spiced Pears Parmesan Biscuit / Milk	8 Meatloaf & Gravy Baby Baked Potatoes Sunshine Carrots Spinach Salad Wheat Roll / Milk
11 Baked Potato & Chili Snap Peas Apples & Berries Granola Bar 9-Grain Bread Milk	12 Chicken Philly Sandwich Roasted Potatoes Corn Fresh Fruit Wheat Hoagie Roll Milk	13 Baked Herb Salmon Rice Pilaf Broccoli Coleslaw Pretzel Roll Milk	14 Pork Chops & Gravy Wild Rice Blend Harvard Beets Green Pea Salad Orange Juice Wheat Bread Milk	15 Turkey Cutlet & Gravy Mashed Potatoes Mixed Veggies Green Salad with Nuts & Cranberries Wheat Roll / Milk
18 Vegetarian Spaghetti Capri Blend Veggies Peaches Green Salad French Bread / Milk	19 Chicken & Dumplings Corn Pears & Blueberries Cookie Milk	20 Salisbury Steak & Gravy Mashed Potatoes Broccoli & Cauliflower Mandarin Oranges Wheat Roll / Milk	21 Mediterranean Tuna Casserole Stewed Tomatoes Cascade Veggies Spinach Salad Rye Bread Milk	22 Monterey Chicken Roasted Potatoes Green Beans Cornbread Milk
25 Breaded Chicken & Gravy AuGratin Potatoes Broccoli Wheat Roll Milk	26 Stuffed Pollock Mac & Cheese Peas White Bean Salad Wheat Bread Milk	27 Sweet & Sour Chicken Brown Rice Key West Veggies Asian Coleslaw Wheatberry Bread Milk	28 Alfredo Meatballs Wheat Pasta Chateau Blend Veggies Green Salad Wheat Bread Milk	31 Halloween Meal Pork Riblet  Cheesy Potatoes Baby Carrots Sandwich Bread Milk Halloween Cake