

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Roast Pork Loin Parsley Potatoes Veggie Salad Broccoli Apple Whole Wheat Bread	Chicken Corn Chowder Peas & Carrots Banana Whole Wheat Bread Carl's Cake	Shepherd's Pie with Squash Mashed Potatoes Three Bean Salad Whole Wheat Bread Apple Crisp	Pot Roast Mashed Potatoes Broccoli & Cauliflower Fresh Fruit Whole Wheat Bread Cookie	Sun Dried Shrimp Alfredo Linguini Carrot Apple Salad Zucchini & Yellow Squash Focaccia Chocolate Pudding
8	9	10	11	12
Honey Baked Ham Roasted Sweet Potatoes Warm Veggie Salad Applesauce Whole Wheat Bread Brownie	Chicken & Black Bean Enchilada Spanish Rice Peas & Carrots Roasted Red Peppers Fruit Cup Carl's Cake	Meatloaf Mashed Potatoes Lima Beans Apple Whole Wheat Bread Tapioca Pudding	Chicken Cordon Bleu Rice Pilaf Veggie Salad Honey Glazed Carrots Banana Whole Wheat Bread	Ground Beef Stroganoff Noodles Steamed Broccoli Apple Whole Wheat Bread Cookie
15	16	17	18	19
Meatballs & Marinara Spinach Polenta Three Bean Salad Apple Focaccia Brownie	Corned Beef & Cabbage Mashed Potatoes Green Beans Fresh Fruit Cup Rye Bread Cookie	Sun Dried Chicken Alfredo Linguini Carrot Apple Salad Zucchini & Yellow Squash Focaccia Chocolate Pudding	Rosemary Mustard Pork Brown Rice Peas & Pearl Onions Fresh Fruit Cup Whole Wheat Bread Banana Pudding	Honey Balsamic Chicken Green Salad California Veggies Banana Focaccia Jell-O
22	23	24	25	26
Sloppy Joe on a Bun Mashed Potatoes Veggie Salad Three Bean Salad Fruit Cup Pumpkin Pie	Beef Chili Mixed Green Salad Lima Beans Applesauce Cornbread Muffin	Tuna Salad over Lettuce Potato Salad Carrot Apple Salad Banana Whole Wheat Bread Vanilla Pudding	Citrus Chicken Green Salad Broccoli & Cauliflower Fresh Fruit Whole Wheat Bread	Chicken Parmesan over Linguini Mixed Green Salad Honey Glazed Carrots Fruit Cup Carl's Cake
29	30	31	<p align="center">Menu is subject to change without notice. No substitutions allowed. All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred during cross-contact. Heating Instructions: Reheat to 165°F for 15 seconds.</p>	
BBQ Pulled Pork Macaroni & Cheese Veggie Salad Three Bean Salad Banana Cornbread Muffin	Turkey Breast with Gravy Mashed Potatoes Mixed Green Salad Peas & Pearl Onions Fresh Fruit Cup Whole Wheat Bread	Chopped Steak with Gravy Roasted Sweet Potato Mixed Green Salad Fresh Fruit Cup Focaccia Brownie		