



Monday	Tuesday	Wednesday	Thursday	Friday
2 Asian Vegetable Soup Mandarin Sesame Chicken Brown Rice Oriental Vegetable Mixed Green Salad Cantaloupe	3 Orange Juice Beef Stew Biscuit Tossed Salad Chocolate Ice Cream	4 Turkey Rice Group Breaded Oven Fish Whole Grain Bread Southern Greens Baked Sweet Potatoes Peaches	5 Meat Lasagna French Bread Zucchini Medley Romaine Caesar Salad Pineapple Chunks	6 Tomato Soup Choice of Entrée: Barley Mushroom Pilaf Peas & Carrots Tricolor Coleslaw Pears w/ Cinnamon
9 Tuscan Soup w/ Kale Turkey Chili Stuffed Baked Whole Grain Roll Broccoli Baked Potato Watermelon	10 Mushroom Barley Soup Fish Amandine Whole Grain Dinner Roll Rice Pilaf Zucchini & Tomato Spinach & Romaine Salad Tropical Fruit	11 BBQ Hamburger Whole Grain Bun Macaroni Salad Mexicali Corn Chopped Salad Mandarin Orange w/ Jicama	12 Italian Wedding Soup Tuna Salad Whole Grain Bread Cucumber & Tomato Salad Cantaloupe Fruited Yogurt w/ Peaches &	13 Cranberry Juice Roast Beef w/ Gravy Whole Grain Bread Mashed Potatoes Succotash Banana
16 Mexican Vegetable Soup Chicken Enchilada Verde Cauliflower Spinach & Romaine Salad Peaches	17 Orange Juice Choice of Entrée: Biscuit Chopped Salad Baked Maple Pears	18 Cream of Broccoli Soup Herb Rubbed Roast Pork Brown & Wild Rice Zucchini & Tomatoes Cantaloupe Cake	19 Spaghetti w/ Meatballs Dinner Roll Cauliflower & Broccoli Caesar Salad w/ Croutons Banana	20 Navy Bean Soup BBQ Chicken Salad Whole Grain Dinner Roll Roasted Corn Shredded Cabbage Orange
23 Tomato Soup Baked Fish Whole Grain Bread Baked Potato Peas & Carrots Watermelon	24 Chicken Vegetable Soup Choice of Entrée: Rice Barley Pilaf Brussels Sprouts Creamy Dill Cucumber Banana	25 Beef Lasagna Whole Grain Roll Spinach Romaine Lettuce w/ Carrots Mango Chunks or Mandarin	26 Apple Juice Oven Fried Chicken Whole Grain Dinner Roll Sautéed Cabbage Mashed Sweet Potatoes Manhattan Gelatin	27 Orange Juice Polish Sausage Rye Bread Sauerkraut German Potato Salad Beet & Onion Salad German Chocolate Cake
30 Chicken Noodle Soup Turkey & Cranberry Salad Whole Grain Bread Spinach Salad Three Bean Salad Orange	31 Happy Halloween Orange Juice  Chicken Mole Flour Tortilla Black Beans Chopped Salad w/ Kale Carrot Cake	  		

*ALL MEALS SERVED WITH 1% LOW FAT MILK.

+ Item is high in sodium.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.