



October 2015



Mon	Tue	Wed	Thu	Fri
			1 <i>French Toast w/Syrup</i> <i>Pineapple Slices</i> <i>Strawberry Yogurt</i> <i>Warm Applesauce w/</i> <i>Cinnamon and Whipped</i> <i>Cream</i>	2 <i>BBQ Chicken Nuggets</i> <i>Seasoned Brown Rice</i> <i>Steamed Cauliflower</i> <i>Sliced Apples</i>
5 <i>Chicken Patty</i> <i>On a roll</i> <i>Shredded Lettuce</i> <i>Tator Tots w/Ketchup</i> <i>Orange Slices</i>	6 <i>American Chop Suey</i> <i>Steamed Broccoli</i> <i>Warm Wheat Roll</i> <i>Fig Newtons</i>	7 <i>French Bread Pizza</i> <i>Green Peas</i> <i>Pasta</i> <i>Jello w/Fruit & Whipped</i> <i>Topping</i>	8 <i>Ham & Cheese Wrap</i> <i>Pickles/ Lettuce</i> <i>Pineapple Rings</i> <i>Pumpkin Bread</i>	9 <i>Cheese Ravioli w/</i> <i>Marinara Sauce</i> <i>Green /Yellow Beans</i> <i>Strawberries &</i> <i>Angel Cake</i>
12 <i>Mac & Cheese</i> <i>Steamed Carrots</i> <i>Wheat Roll & Butter</i> <i>Watermelon Chunks</i>	13 <i>Sloppy Joes on Roll</i> <i>Tossed Salad w/</i> <i>Dressing</i> <i>Tator Tots</i> <i>Fruit Cocktail</i>	14 <i>Baked Ziti w/Marinara</i> <i>Mozzarella Cheese</i> <i>Steamed Broccoli</i> <i>Chocolate Cake</i>	15 <i>Swedish Meatballs</i> <i>Mashed Sweet</i> <i>Potatoes</i> <i>Peas</i> <i>Honeydew Melon</i>	16 <i>Cheese Quesadillas</i> <i>Lettuce/Salsa/Corn</i> <i>Mexican Rice</i> <i>Sherbet</i>
19 <i>Waffles</i> <i>w/ Syrup</i> <i>Hash Browns</i> <i>Banana Chunks</i> <i>Peaches N' Granola</i>	20 <i>Fish Sticks w/Ketchup</i> <i>Rice Pilaf/Brown Rice</i> <i>Steamed Carrots</i> <i>Fresh Pear Chunks</i>	21 <i>Taco Salad</i> <i>(seasoned meat, cheese, let-</i> <i>tuce, mild salsa)</i> <i>Soft tortillas for Tods</i> <i>Fruit & Yogurt Freeze</i> <i>Ice Cream</i>	22 <i>Mac & Cheese</i> <i>Steamed Carrots</i> <i>Warm Wheat Roll</i> <i>Tropical Fruit</i>	23 <i>Chicken Parmesan</i> <i>Seasoned Pasta</i> <i>Steamed Whole Green</i> <i>Beans</i> <i>Sunshine Cake</i>
26 <i>Chicken Stir Fry</i> <i>w/Veggies</i> <i>White/Brown Rice</i> <i>Fresh Pineapple Wedges</i>	27 <i>Grilled Cheese</i> <i>Tomato Soup/Celery</i> <i>Goldfish Crackers</i> <i>Baked Apple Cake</i>	28 <i>Meatball Grinder w/</i> <i>Marinara Sauce</i> <i>Baked "Fries"</i> <i>Corn</i> <i>Apple Slices</i>	29 <i>Fish Sticks</i> <i>Sweet Potato Mash</i> <i>Green Beans</i> <i>Oatmeal Cookies</i>	30 <i>Pasta Alfredo</i> <i>California Blend Veg</i> <i>Bread Sticks</i> <i>Halloween Treats</i>