



# October 2016



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><i>Lazy Lasagna w/Tomato Sauce and Mozzarella Cheese Salad w/Dressing</i></p> <p><i>Fruit Cocktail</i></p>	<p>4</p> <p><i>Shepherd's Pie (seasoned hamburger, mashed potatoes, corn, gravy)</i></p> <p><i>Oatmeal Cookies</i></p>	<p>5</p> <p><i>Meatball Grinder w/ Marinara Sauce Baked "Fries" Green Beans</i></p> <p><i>Apple Slices</i></p>	<p>6</p> <p><i>French Toast w/Syrup Banana Chunks Strawberry Yogurt</i></p> <p><i>Warm Applesauce w/ Cinnamon and Whipped Cream</i></p>	<p>7</p> <p><i>BBQ Chicken Patty Seasoned Brown Rice Steamed Cauliflower</i></p> <p><i>Sliced Oranges</i></p>
<p>10</p> <p><i>Fish Sticks Brown/White Rice Steamed Carrots</i></p> <p><i>Orange Slices</i></p>	<p>11</p> <p><i>American Chop Suey Steamed Broccoli Warm Wheat Roll</i></p> <p><i>Fig Newtons</i></p>	<p>12</p> <p><i>French Bread Pizza Green Peas Pasta</i></p> <p><i>Plain Yogurt w/Fruit &amp; Whipped Topping</i></p>	<p>13</p> <p><i>Ham &amp; Cheese Wrap Pickles/ Lettuce Pineapple Rings</i></p> <p><i>Pumpkin Bread</i></p>	<p>14</p> <p><i>Cheese Ravioli w/ Marinara Sauce Green /Yellow Beans</i></p> <p><i>Strawberries &amp; Angel Cake</i></p>
<p>17</p> <p><i>Mac &amp; Cheese Steamed Carrots Wheat Roll &amp; Butter</i></p> <p><i>Watermelon Chunks</i></p>	<p>18</p> <p><i>Sloppy Joes on Roll Tossed Salad w/ Dressing Tator Tots</i></p> <p><i>Fruit Cocktail</i></p>	<p>19</p> <p><i>Baked Ziti w/Marinara Mozzarella Cheese Steamed Broccoli</i></p> <p><i>Peaches in a Cloud</i></p>	<p>20</p> <p><i>Swedish Meatballs Mashed Sweet Potatoes Peas</i></p> <p><i>Honeydew Melon</i></p>	<p>21</p> <p><i>Cheese Quesadillas Lettuce/Salsa/Corn Mexican Rice</i></p> <p><i>Sherbet</i></p>
<p>24</p> <p><i>Waffles w/ Syrup Hash Browns Banana Chunks</i></p> <p><i>Peaches N' Granola</i></p>	<p>25</p> <p><i>Fish Sticks w/Ketchup Rice Pilaf/Brown Rice Steamed Carrots</i></p> <p><i>Fresh Pear Chunks</i></p>	<p>26</p> <p><i>Taco Salad (seasoned meat, cheese, let- tuce, mild salsa) Soft tortillas for Tods</i></p> <p><i>Fruit &amp; Yogurt Freeze</i></p>	<p>27</p> <p><i>Mac &amp; Cheese Steamed Carrots Warm Wheat Roll</i></p> <p><i>Tropical Fruit</i></p>	<p>28</p> <p><i>Chicken Parmesan Seasoned Pasta Steamed Whole Green Beans</i></p> <p><i>Sunshine Cake</i></p>
<p>31</p> <p><i>Grilled Cheese Tomato Soup/Celery Goldfish Crackers</i></p> <p><i>Halloween Treats</i></p>				