

Mon	Tue	Wed	Thu	Fri
Birthday Day - October 10 Choice Day - October 22 Circled Days - meals that freeze well	1 Cheeseburger soup 8 oz Crackers-2 Combo salad 4 oz Salad dressing Applesauce 4 oz Brownie                      Milk	2 Chicken salad 4 oz sandwich Cole slaw 4 oz Peaches 4 oz Bun Oatmeal cookie              Milk	3 Swedish steak over Wild rice 4 oz Cauliflower 4 oz Strawberries 4 oz Roll Milk	4 Creamy chicken & veggie casserole 8 oz Mandarin oranges 4 oz Red gelatin 4 oz Cinnamon roll Milk
7 Fish chowder 8 oz Combination salad 4 oz Salad dressing Peaches 4 oz Wheat bread Milk	8 Ham & beans 8 oz Potatoes w/onions 4 oz Parslied carrots 4 oz Glazed blueberries 4 oz Cornbread Milk	9 Baked chicken Broccoli 4 oz Cranberry sauce 1/4 c Pears 4 oz Roll Milk	10 Meatloaf Mashed potatoes 4 oz Gravy                      Milk Green beans 4 oz Apricots 4 oz                      Roll Pumpkin spice pound cake	11 Pork salad 4 oz sandwich Vegetable soup 4 oz Cracker-2 Carrot raisin salad 4 oz Strawberries 4 oz Bread                      Milk
14 Turkey & noodles 8 oz over Mashed potatoes 4 oz Carrots 4 oz Banana/pineapple 4 oz Gingersnap cookie Bread                      Milk	15 Salmon bake w/Creamy cucumber sauce Wild rice 4 oz Mixed greens salad 4 oz Salad dressing Peaches 4 oz Pineapple bread              Milk	16 Pulled pork 3 oz on a Bun Potatoes o'brien 4 oz Cole slaw 4 oz Apricots 4 oz Pudding 4 oz                      Milk	17 Chicken & cheese casse- role 8 oz Broccoli 4 oz Beets 4 oz Pears 4 oz Garlic bread                      Milk	18 Taco salad 8 oz (lettuce, tomato, cheese, chips)                      Salsa Refried beans 4 oz Strawberries 4 oz Sugar cookie                      Milk
21 Split pea tortilla soup 8 oz Corn 4 oz Pears 4 oz Fruit crisp 4 oz Milk	22 Liver & onions OR Beef cutlet Mashed potatoes 4 oz/Gravy Broc/caul/carrot salad 4 oz Mixed fruit 4 oz Bread                      Milk	23 Ham & egg cass. 8 oz Combination salad 4 oz Salad dressing Banana Blueberry muffin Milk	24 Oven fried fish Tartar sauce Chick pea pasta salad 4 oz Green beans 4 oz Strawberries 4 oz                      Milk Snickerdoodle cookie	25 Italian baked chicken Scalloped potatoes 4 oz Peas 4 oz Peaches 4 oz Garlic bread Milk
28 Harvest Turkey soup 8oz Crackers -2 Tomato salad 4 oz Apple slices 4 oz Peanut butter cookie Milk	29 Open faced pork biscuit with cream gravy Tater tots 8each Pickled beets 4 oz Mixed fruit 4 oz Milk	30 BBQ beef with home-made sauce 4 oz Potato salad 4 oz Broccoli 4 oz Banana Bun                      Milk	31 Spaghetti with meat sauce 8 oz Mixed green salad 4 oz Salad dressing Peaches 4 oz Garlic bread                      Milk	Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher

Mon	Tue	Wed	Thu	Fri
Birthday Day - November 7 Choice Day - Circled Days - meals that freeze well Thanksgiving Holiday- November 28 & 29		Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less		1 Pork roast 3 oz with Gravy Cooked cabbage 4 oz Mixed vegetables 4 oz Pears 4 oz Easy fruit cobbler Bread                      Milk
4 Easy chicken & broccoli pie 8 oz Split pea salad 4 oz Peaches 4 oz Sweet muffin Milk	5 Goulash 8 oz Hominy 4 oz Pears 4 oz Gelatin 4 oz Garlic bread Milk	6 Scalloped pot & ham 8 oz Green beans 4 oz Mixed fruit 4 oz Roll Milk	7 Chili 8 oz Crackers -2 Baked potato Strawberries 4 oz Cinnamon roll Milk	8 Chicken pot pie 8 oz Spinach 4 oz Mandarin oranges 4 oz Brownie Milk
11 Ham & beans 8 oz Potatoes with onions 4 oz Parslied carrots 4 oz Blueberries 4 oz Cornbread Milk	12 Baked chicken Cabbage au gratin 4 oz Peas 4 oz Mixed fruit 4 oz Wheat roll Milk	13 Mexican pork stew 8 oz Broccoli raisin salad 4 oz Peaches 4 oz Cornbread Pudding 4 oz Milk	14 Oven fried fish w/tartar sauce    Mac & cheese 4 oz Combination salad 4 oz Salad dressing Pineapple 4 oz    Milk Lime gelatin w/pears 4 oz	15 Chicken fried steak Mashed potatoes 4 oz/Gravy German mixed veg. 4 oz Banana Roll Milk
18 Taco salad 8 oz (lettuce, tomato, cheese, chips)                      Salsa Hominy 4 oz Strawberries Sugar cookie              Milk	19 Creamed chicken 4 oz over a Biscuit Broccoli/cauliflower/carrot salad 4 oz Cinnamon applesauce 4 oz Gelatin /fruit 4 oz    Milk	20 BBQ pork 4 oz on a Bun Oven brown potatoes 4 oz Corn relish 4 oz Juice 4 oz              Milk Hot spiced peaches 4 oz	21 Turkey 3 oz Mashed potatoes 4 oz/Gravy Dressing 1/4 c./Gravy Green beans 4 oz    Milk Cranberry sauce 1/4 c Pumpkin pie square    Roll	22 Autumn soup 8 oz Crackers-2 Combination salad 4 oz Salad dressing Pineapple 4 oz    Milk Applesauce Brownie
25 Meatloaf Mashed potatoes 4 oz Gravy Mixed vegetables 4 oz Peaches 4 oz Wheat roll              Milk	26 Open faced pork biscuit with cream gravy Potato & veg medley 4 oz Stewed tomatoes 4 oz Pears 4 oz Gelatin 4 oz              Milk	27 Split pea tortilla soup 8 oz Corn 4 oz Mandarin oranges 4 oz No-bake cookie Milk	28 HOLIDAY	29 HOLIDAY