



Monday

Tuesday

Wednesday

Thursday

Friday

October Lunch Menu

			Garlic & Parm. Chicken Leg and Thigh ¹ Whole Kernel Corn Stew Tomatoes Whole Wheat Bread A Banana	Sloppy Joes ² Butternut Squash June Peas Hamburger Bun Applesauce
Glazed Meatballs ⁵ Sliced Carrots Steamed Cabbage Whole Wheat Bread Diced Apples	Chicken and Rice ⁶ Brussels Sprouts Sweet Potato Patties Pears in Juice	Salisbury Steak with Tomato Gravy ⁷ Mashed Potatoes Tomatoes, Okra, & Corn Whole Wheat Bread A Bananas	Teriyaki Boneless Chicken Thigh ⁸ Mixed Greens Pinto Beans Cornbread Applesauce	Spaghetti with Meat Sauce ⁹ Country Corn Green Beans A Fresh Orange
Meatloaf in Brown Gravy ¹² Mashed Potatoes Mixed Vegetables Whole Wheat Bread Sliced Peaches in Juice	Grilled Chicked Patty with Poultry Gravy ¹³ Whole Kernel Corn Coleslaw Hamburger Bun Warm Spiced Pears	Char Grilled Beef Patty with Onions ¹⁴ Baby Carrots Field Peas with Snaps Whole Wheat Bread A Banana	Orange Glazed Chicken Leg & Thigh ¹⁵ Collard Greens White Lima Beans Cornbread Tropical Fruit Mix	Hamburger Pasta ¹⁶ June Peas Spiced Yams A Fresh Orange
Meatballs in Tomato Sauce ¹⁹ Sweet Potato Patties Green Limas Whole Wheat Bread Diced Apples	Chicken and Dumplings ²⁰ Sliced Carrots Green Beans Dinner Roll A Fresh Orange	Salisbury Steak with Gravy ²¹ Mashed Potatoes Stewed Squash & Tomatoes Whole Wheat Bread A Banana	BBQ Boneless Chicken Thigh ²² Mixed Greens Pinto Beans Cornbread Applesauce	Steak Fingers with Brown Gravy ²³ Country Corn Steamed Broccoli Whole Wheat Bread Tropical Fruit Mix
Meatloaf in Tomato Sauce ²⁶ Mashed Potatoes Diced Carrots Whole Wheat Bread Fruit Cocktail in Juice	BBQ Pulled Pork ²⁷ Coleslaw Mixed Baked Beans Hamburger Bun Stewed Apples	Ground Beef with Rice & Tomatoes ²⁸ Turnip Greens Black-eyed Peas Cornbread A Fresh Orange	Garlic & Parm. Chicken Leg and Thigh ²⁹ Whole Kernel Corn Stew Tomatoes Whole Wheat Bread A Banana	Sloppy Joes ³⁰ Butternut Squash June Peas Hamburger Bun Applesauce

All meals are served with an option of 1% Milk, Tea, Lemonade, or Water | Lunch is served daily around 11:30am |