


OCTOBER 2024 MENU

Milk is to be offered every meal.

Dessert of chef's choice can be added 2 times a week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chili Whole Wheat Crackers Vegetable Fruit Cinnamon Roll	2 Roast Turkey Mashed Potatoes w/Gravy Whole Wheat Bread Vegetable Fruit	3 Shepherd's Pie w/ Mashed Potato Topping Whole Wheat Bread Vegetable Fruit	4 Roast Pork w/Carrots and Potatoes Whole Wheat Roll Fruit
7	8	9	10	11
Chicken and Rice Casserole Whole Wheat Bread Vegetable Fruit	Chef's Choice	Salisbury Steak Mashed Potatoes w/ Mushroom Gravy Whole Wheat Roll Vegetable Fruit	Chicken Alfredo Penne Breadstick Lettuce or Spinach Salad Fruit	Ham Loaf Sweet Potatoes Whole Wheat Roll Vegetable Fruit
14 Columbus Day	15	16	17	18
Goulash Whole Wheat Bread Vegetable Fruit	Pork Meatballs in Creamy Mushroom Sauce over Egg Noodles Whole Wheat Roll Vegetable Fruit	Baked Honey Chicken Sweet Potato Fries Whole Wheat Roll Vegetable Fruit	Open Faced Hot Beef Sandwich Mashed Potatoes w/Gravy Vegetable Fruit	Turkey Sandwich Minestrone Soup Whole Wheat Crackers Lettuce/Romaine Salad Fruit
21	22	23	24	25
Chef's Choice	Chicken & Mushrooms Roasted Red Potatoes Whole Wheat Bread Vegetable Fruit	Salmon Loaf Baked Potato Whole Wheat Bread Vegetable Fruit	Liver & Onions -OR- Hamburger Patty Boiled Red Potatoes w/Gravy Whole Wheat Bread Vegetable Fruit	Ground Beef Stroganoff over Egg Noodles Vegetable Whole Wheat Bread Fruit
28	29	30	31 Halloween	
Hearty Veg Beef Soup Breadstick Lettuce/Spinach Salad Fruit	Cheeseburger on WW Bun Potato Salad Vegetable Fruit	Tator Tot Casserole Whole Wheat Bread Lettuce/Romaine Salad Fruit	Baked Chicken Macaroni and Cheese Whole Wheat Roll Vegetable Fruit	