

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Turkey shepherd's pie Green beans Cauliflower salad Oatmeal bread</p> <p><i>Marble cake</i></p>	<p>3</p> <p>Sloppy Joe on a whole grain roll Peas Sweet potato salad Zucchini Cottage cheese</p> <p><i>Vanilla ice cream cake</i></p>	<p>4</p> <p>Baked tilapia Egg noodles Creamed onions Corn and peppers Whole grain bread and butter</p> <p><i>Double decadence chocolate cake</i></p>	<p>5</p> <p>Cheddar risotto White bean & tomato salad Asparagus Mandarin oranges Whole grain mini roll</p> <p><i>Pumpkin cheesecake</i></p>	<p>6</p> <p>Beef stew on a whole grain buttermilk biscuit Fruit salad Spinach</p> <p><i>Banana cupcake</i></p>
<p>9</p> <p>Chicken & gravy on mashed potatoes Coleslaw Peas</p> <p><i>Mint brownie</i></p>	<p>10</p> <p>3-bean bake Carrot slaw Brussels sprouts Whole grain mini roll</p> <p><i>Chocolate cake with peanut butter frosting</i></p>	<p>11</p> <p>Meatloaf Herbed rice Spinach Corn salad Whole grain mini roll</p> <p><i>Apple crisp</i></p>	<p>12</p> <p>Baked haddock Lentil salad Maple winter squash Whole grain brown bread muffin</p> <p><i>Chocolate ice cream</i></p>	<p>13</p> <p>Minestrone soup Grilled cheese sandwich on whole grain bread Sweet potato fries</p> <p><i>Blueberry upside-down cake</i></p>
<p>16</p> <p>Shipwreck stew Asparagus Pickled beets Whole grain mini roll</p> <p><i>Yellow cake</i></p>	<p>17</p> <p>Mac & cheese 3-bean salad Carrots Whole grain zucchini mini muffin</p> <p><i>Gingerbread with lemon sauce</i></p>	<p>18</p> <p>Chili con carne Broccoli Black bean mango salsa Whole grain cornbread</p> <p><i>Chocolate chip bar</i></p>	<p>19</p> <p>Baked fried chicken Mashed potatoes Beet salad with avocado and feta Oatmeal roll</p> <p><i>Fresh fruit</i></p>	<p>20</p> <p>Baked salmon Orzo salad Green beans Mandarin oranges Whole grain bread & butter Peanut butter swirl brownie</p>
<p>23</p> <p>Reuben casserole Broccoli Carrot salad</p> <p><i>Rainbow sherbet</i></p>	<p>24</p> <p>Chicken w/apple stuffing Lentil salad Corn niblets Whole grain mini roll</p> <p><i>Mud pie</i></p>	<p>25</p> <p>Baked scrod Mashed potatoes Cauliflower Whole grain Irish soda bread</p> <p><i>Pumpkin cupcake</i></p>	<p>26</p> <p>Spaghetti & meat sauce Coleslaw Green beans Garlic bread</p> <p><i>Walnut brownie</i></p>	<p>27</p> <p>Fettuccine w/roasted red pepper sauce Spinach Black bean and avocado salad Sourdough Italian bread Lemon pudding</p>
<p>30</p> <p>Curried pumpkin soup Chicken salad on a finger roll Cauliflower bake</p> <p><i>Apple cake</i></p>	<p>31</p> <p>Goulash Cottage cheese Fresh corn salad Grilled Brussels sprouts Garlic bread Peanut butter "spider"</p>	<p>October 2017</p> <p>SUPPERS</p> <p><i>We are an equal-opportunity provider. 1% milk offered at meals and snack times.</i></p>		

