

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Turkey gravy on a biscuit Red cabbage slaw Zucchini</p> <p><i>Mint brownie</i></p>	<p>2</p> <p>Chicken & broccoli casserole Sweet potato salad Whole grain roll</p> <p><i>Vanilla ice cream</i></p>	<p>3</p> <p>Baked tilapia Egg noodles Creamed onions Corn and peppers Bread and butter <i>Double decadence chocolate cake</i></p>	<p>4</p> <p>Cheddar risotto Chickpea salad Roasted cauliflower Mandarin oranges Mini roll</p> <p><i>Pumpkin cheesecake</i></p>	<p>5</p> <p>Cheese tortellini White bean tomato salad Spinach Sourdough bread</p> <p><i>Banana cupcake</i></p>
<p>8</p> <p>Ham & Swiss soufflé Kidney bean salad Broccoli Blueberry muffin</p> <p><i>Fruit cup</i></p>	<p>9</p> <p>3-bean bake Carrot slaw Brussels sprouts Mini roll</p> <p><i>Chocolate cake with peanut butter frosting</i></p>	<p>10</p> <p>Meatloaf Spinach Corn salad Whole grain roll</p> <p><i>Apple crisp</i></p>	<p>11</p> <p>Stuffed sole Beet avocado salad Asparagus Herbed rice</p> <p><i>Chocolate ice cream</i></p>	<p>12</p> <p>Minestrone soup Grilled cheese sandwich Sweet potato fries</p> <p><i>Blueberry upside-down cake</i></p>
<p>15</p> <p>Shepherd's pie Green beans Oatmeal bread</p> <p><i>Yellow cake</i></p>	<p>16</p> <p>Macaroni & cheese 3-bean salad Carrots Zucchini mini muffin</p> <p><i>Chocolate pudding</i></p>	<p>17</p> <p>Turkey chili Black bean mango salsa Broccoli Cornbread</p> <p><i>Chocolate chip bar</i></p>	<p>18</p> <p>Baked fried chicken Mashed potatoes Beet salad with avocado and feta Oatmeal roll</p> <p><i>Fresh fruit</i></p>	<p>19</p> <p>Baked salmon Orzo salad Spinach Mandarin oranges Whole grain bread & butter</p> <p><i>Ice cream</i></p>
<p>22</p> <p>TexMex chicken casserole Fruit salsa Broccoli Cornbread</p> <p><i>Chocolate drop cookie</i></p>	<p>23</p> <p>Baked scrod Mashed potatoes Asparagus Irish soda bread</p> <p><i>Fruit cup</i></p>	<p>24</p> <p>Quiche Corn salad Spinach Whole grain roll</p> <p><i>Mud pie</i></p>	<p>25</p> <p>Spaghetti & meat sauce Coleslaw Green beans Garlic bread</p> <p><i>Walnut brownie</i></p>	<p>26</p> <p>Fettuccine w/roasted red pepper sauce Spinach Black bean salad Sourdough Italian bread <i>Lemon pudding</i></p>
<p>29</p> <p>Crabcakes Mashed potatoes Spinach Oatmeal roll</p> <p><i>Maple blondie</i></p>	<p>30</p> <p>Cheesy goulash Applesauce Grilled Brussels sprouts Garlic bread</p> <p><i>Coconut cookie</i></p>	<p>31</p> <p>Sloppy Tom on a bun Zucchini Sweet potato fries</p> <p><i>Spooky Halloween cupcake</i></p>	<p>October 2018</p> <p>SUPPERS</p> <p><i>We are an equal-opportunity provider. 1% milk offered at meals and snack times.</i></p> 	