



# October 2018


**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

|                                                                                                        |                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                          |                                                                                                                         |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <p>1 Meatloaf with tomato sauce, scalloped potatoes, green beans, sliced apples, WW Bread, 2% Milk</p> | <p>2 Mixed Vegetable Soup, Tuna Salad Sandwich on WW Bread, carrots, pineapples, 2% Milk</p>         | <p>3 Country Baked Steak &amp; Gravy, Mashed Potatoes, Peas, WW Bread, Fruit, 2% Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p>4 Scrambled Eggs<br/>Hash Brown Potatoes<br/>Sausage Gravy<br/>Biscuit<br/>Applesauce, 2% Milk</p>    | <p>5 Pinto Beans, onions<br/>Bologna and cheese<br/>Sandwich, cabbage,<br/>fruit cocktail,<br/>2% Milk</p>              |
| <p>8 <b>Center's Closed</b><br/><b>Columbus Day</b></p>                                                | <p>9 Chicken Stew, egg noodles, Broccoli, Pear Halves, WW Bread, 2% Milk</p>                         | <p>10 Hot Dog w/Chili, Cole Slaw, onions<br/>Potato Fries<br/>Baked Beans<br/>Pudding 2% Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>11 Stuffed Green Peppers<br/>Scalloped Potatoes<br/>Creamy Peas<br/>WW Bread, Pudding<br/>2% Milk</p> | <p>12 Great Northern Beans<br/>Chopped onions<br/>Cornbread<br/>Spinach<br/>Fruit, 2% Milk</p>                          |
| <p>15 Spaghetti with Meat and tomato sauce<br/>Tossed Salad,<br/>Garlic Bread, Fruit<br/>2% Milk</p>   | <p>16 Chicken Tenders<br/>Potato Wedges<br/>Peas<br/>WW Bread<br/>Pudding, 2% Milk</p>               | <p>17 Hamburger on WW Bun, lettuce, tomato, onion, corn, pineapples, oven fries, 2% Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p>18 BBQ &amp; Bun<br/>Cole Slaw,<br/>Baked Beans<br/>Potato Wedges<br/>Fruit, Cookie, 2% Milk</p>      | <p>19 Chili with meat and beans,<br/>Grilled Cheese<br/>Sandwich, Fruit<br/>Cocktail, crackers,<br/>cookie, 2% Milk</p> |
| <p>22 Salisbury Steak<br/>Baked Potato<br/>Green Beans<br/>WW Bread, Fruit<br/>2% Milk</p>             | <p>23 Taco Salad / Chips<br/>Tossed Salad, shredded cheese<br/>Corn, Pudding<br/>2 % Milk</p>        | <p>24 Baked BBQ Chicken<br/>Mashed Potatoes<br/>Green Beans<br/>Biscuits<br/>Cake &amp; Ice Cream, 2% Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p>25 Baked Fish , oven browned potatoes, carrots, sliced peaches, WW Bread, 2% Milk</p>                 | <p>26 Tomato Soup<br/>Ham Sandwich with Cheese, Crackers, Lettuce, Cookie<br/>Apricots, 2% Milk</p>                     |
| <p>29 Lasagna w/meat<br/>Tossed Salad<br/>Garlic Bread<br/>Fruit<br/>2 % Milk</p>                      | <p>30 Chicken Wing Dings<br/>Parsley Potatoes<br/>Green Beans,<br/>WW Bread<br/>Pudding, 2% Milk</p> | <p>31 <b>Cook's Choice</b><br/><b>Happy Halloween</b></p>  <p><small>whutterstock 215890720</small></p> <p>All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <b><u>The Nutrition Program reserves the right to change menus.</u></b></p> |                                                                                                          |                                                                                                                         |