



Monday	Tuesday	Wednesday	Thursday	Friday
<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.</p> <p><u>The Nutrition Program reserves the right to change menus.</u></p>			<p>1 Pork BBQ Sandwich Au-gratin Potatoes, Corn, Oranges, 2% Milk</p>	<p>2 Pinto Beans, Hash Brown, Onions, Fruit cocktail, Cornbread, mixed greens, Cookie, 2% Milk</p>
<p>5 Scrambled Eggs, Hash Browns, Sausage Patty, Gravy, Biscuit, Applesauce, 2% Milk</p>	<p>6 Taco Salad / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, Pineapples, Pudding, 2 % Milk</p>	<p>7 Baked Fish , Oven Browned Potatoes, Corn, Sliced Peaches, WW Roll, 2% Milk</p>	<p>8 Meatloaf w/ Tomato Sauce, Scalloped Potatoes, Carrots, Choice of Fruit, WW Roll, 2% Milk</p>	<p>9 Great Northern Beans, Cornbread, Sour Kraut & Wieners, Pears, 2% Milk</p>
<p>12 Centers are CLOSED. Happy Columbus Day</p>	<p>13 Country Baked Steak & Gravy, Mashed Potatoes, peas, Roll, Fruit, 2% Milk</p>	<p>14 Spaghetti with Meat and Tomato Sauce, Tossed Salad, Tomatoes, Garlic Bread, Fruit, 2% Milk</p>	<p>15 Chicken Sandwich, Lettuce, Pickles, Oven Fries, Pudding, corn, peaches, 2% Milk</p>	<p>16 Navy Beans, Hash Browns, Choice of Fruit, Cornbread, Cookie, 2% Milk</p>
<p>19 Chicken Tenders, Carrots, Broccoli, Cottage Cheese, Fruit, WW Roll, 2% Milk</p>	<p>20 Hamburger on WW Bun, lettuce, Tomato, Onion, Peas, Pineapples, Oven Fries, 2% Milk</p>	<p>21 Baked Pork Chops, Rice Pilaf, Green Beans, Applesauce, WW Roll, 2% Milk</p>	<p>22 Meat Lasagna, Tossed Salad, Tomatoes, Cheese, Garlic Bread, Pears, Pudding, 2% Milk</p>	<p>23 Three Bean Salad, Kraut & Wieners, Choice of Fruit, Cornbread, Cookie, 2% Milk</p>
<p>26 Boneless Wings, Oven Potatoes, Green Beans, Roll, Pudding, 2% Milk</p>	<p>27 Sloppy Joe / bun, Cole Slaw, Baked Beans, Brussel Sprouts, Fruit, Cookie, 2% Milk</p>	<p>28 Fish Sticks, Corn, Broccoli, Cottage Cheese, Fruit, WW Bread, 2% Milk</p>	<p>29 Chicken Parmesan over Noodles, Sauce & Cheese, Garlic bread, Mixed Greens, Peaches, 2% Milk, Cake, Ice Cream</p>	<p>30 Hot Dog with Chili, Cole Slaw, Onions, Potato Salad, Baked Beans, Choice of Fruit, 2% Milk</p>