



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>				
		1 Spaghetti, Meatballs, Garden Salad, Garlic Bread, Applesauce, 2%	2 Cheeseburgers w/ Lettuce, Tomato, onion, Pickles, Tater rounds, Carrots, Peaches, 2% Milk	3 Great Northern Beans, Hashbrown, Cornbread , Pears, Boiled Cabbage, On- ions, 2% Milk
6 Vegetable Beef Soup, Peanut Butter Sandwich, Broccoli, Peaches, 2% Milk	7 Pinto Beans Cornbread, Parsley Potatoes, Mixed Greens, Applesauce, 2% Milk	8 Boneless Chicken Wings, Corn, Cauliflower, Peaches, WW Bread, 2% Milk	9 Cheese Lasagna Roll Up w/ Marinara, Salad w lettuce, tomato, onion, Garlic Bread- stick, Pineapples, 2% Milk	10 Fish Sticks, Broccoli, Carrots, Oranges, WW roll, Pudding 2% Milk
13 Center's Closed for Columbus Day	14 Smoked Sausage with Sour Kraut, Fruit Cock- tail, Peas, WW Roll , 2% Milk	15 Chicken Tenders, sweet potato fries, Pears, Spinach, WW Bread, 2% milk	16 Taco Salad / Chips, Meat, Lettuce, Cheese, Toma- toes, Onions, corn Pine- apples, 2 % Milk	17 Butter Beans, Cornbread, Spinach, car- rots, Cinnamon Apples, Onions, 2% milk
20 Scrambled Eggs, Hash Brown, Sausage Patty, Bis- cuit, Gravy, Cinnamon Ap- ples, stewed tomatoes 2%	21 Hot Dog with Chili, Cole Slaw, Onions, Baked Beans, Fruit Cocktail, 2% Milk	22 Center's Closed All Staff Meeting Day	23 FESTIVE MEAL Baked Chicken and Gra- vy , Mashed Potatoes, Carrots, WW Roll, oranges, Cake, 2% Milk	24 Navy Beans, onions, Cornbread, hashbrown, Ap- plesauce, Mixed Greens, 2% Milk
27 Tuna Salad on Toasted WG Bread w/ Lettuce, Tom, Onion, Pickles, Corn, Peaches, 2% milk	28 Chicken Alfredo, car- rots, Broccoli, Garlic Bread, Peaches, 2% Milk	29 Potato Soup, Ham and Cheese Sandwich, Applesauce, peas, 2% Milk	30 Baked Fish, Bean Salad, Carrots, Oranges, WW bread, Pud- ding , 2% Milk	31 Pinto Beans Cornbread, Hashbrown, Mixed Greens, Ap- plesauce, 2% Milk