

OCTOBER

Sun 10/04	Mon 10/05	Tue 10/06	Wed 10/07	Thu 10/08	Fri 10/09	Sat 10/10
Breakfast						
Oatmeal	Farina	Grits	Oatmeal	Farina	Grits	Oatmeal
Scrambled Eggs	Cheese Omelet	Pancakes	Waffles	Egg on Muffin	French Toast	Scrambled Eggs
Sausage Gravy Toast	Home Fries Wheat Toast	Bacon Assorted Juices	Sausage Links Chilled Fruit Cup	Hash Brown Potatoes	Bacon Assorted Juices	With Cheese Toast
Assorted Juices	Assorted Juices	Coffee	Assorted Juices	Assorted Juices	Coffee	Assorted Juices
Coffee	Coffee	Milk	Coffee	Coffee	Milk	Coffee
Milk	Milk		Milk	Milk		Milk
Lunch						
Pork Stir Fry W/ Vegetables	Italian Sausage Sauce	Meatloaf Harvard Beets	Turkey Tetrizzini Buttered Broccoli	Three Cheese Baked Lasagna	Lemon & Dill Baked Fish	Honey Baked Ham Steamed Yellow
Scandanavian Blend Vegetables	Roasted Zucchini Bread	Bread Mashed Potatoes	Bread Noodles	Italian Blend Vegetables	Diced Carrots Bread	Squash Bread
Dinner Roll	Spaghetti	Mandarin Oranges	Fresh Fruit In Season	Breadstick	Buttered Parslied Noodles	Baked Yams Fruit Cocktail
Fried Rice	Angel Food Cake	Assorted Juice	Assorted Juice	Chocolate Brownie	Chilled Pears	Assorted Juice
Apple Pie	Assorted Juice	Coffee	Coffee	Assorted Juice	Assorted Juice	Coffee
Assorted Juice	Coffee	Milk	Milk	Milk	Milk	Milk
Coffee	Milk					
Milk						
Dinner						
Soup of the Day	Garden Vegetable Soup	Crab Cake On Bun Peas and Carrots	Tomato Soup Grilled Cheese Sandwich	Salisbury Steak Green Beans	Minestrone Soup Chicken Adobo	Hamburger on Bun
Egg Salad	Chicken Tenders	Broccoli Salad	Mixed Vegetables	Augratin Potatoes	Peas & Pearl Onions	Fiesta Corn Tator Tots
Sandwich On Wheat Bread	Three Bean Salad	Poke Cake	Ice Cream	Bread	Bread	Sherbet
Creamy Coleslaw	French Fries	Assorted Juice	Assorted Juice	Cinnamon Apple Slices	Tapioca Pudding	Assorted Juice
Pineapple Tidbits	Peaches	Coffee	Coffee	Assorted Juice	Assorted Juice	Coffee
Assorted Juice	Assorted Juice	Milk	Milk	Coffee	Coffee	Milk
Coffee	Coffee			Milk	Milk	
Milk	Milk					

Menus subject to change.

OCTOBER

Sun 10/11	Mon 10/12	Tue 10/13	Wed 10/14	Thu 10/15	Fri 10/16	Sat 10/17
Breakfast						
Oatmeal Bacon Strata Coffee Cake Assorted Juices Coffee Milk	Grits Pancakes Sausage Link Assorted Juices Coffee Milk	Farina Egg on a muffin Hash Browns Assorted Juices Coffee Milk	Oatmeal Scrambled Eggs Sausage Link Biscuit Assorted Juices Coffee Milk	Cream of Wheat Baked Omelet Potatoes O'Brien Toast Assorted Juices Coffee Milk	Oatmeal Cheddar Scrambled Eggs Home Fries Raisin Bread Toast Assorted Juices Coffee Milk	Farina French Toast Bacon Fresh Fruit Cup Assorted Juices Coffee Milk
Lunch						
Smothered Pork Chops Seasoned Zucchini Dinner Roll Roasted Red Potatoes Chocolate Cake Assorted Juice Coffee Milk	Lemon Pepper Fish Broccoli Cuts Bread Rice Pilaf Angel Food Cake Assorted Juice Coffee Milk	Beef Macaroni Casserole House Blend Vegetable Dinner Roll Peaches Assorted Juice Coffee Milk	Chicken Teriyaki Oriental Blend Vegetables Bread Steamed Rice Fruit Cocktail Assorted Juice Coffee Milk	Cheese Tortellini with Alfredo Sauce Spinach Garlic Bread Ambrosia Assorted Juice Coffee Milk	BBQ Chicken Corn On The Cob Bread Tri-Color Pasta Salad Fruited Jello Assorted Juice Coffee Milk	Roast Turkey Green Bean Casserole Dinner Roll Baked Sweet Potato Chocolate Chip Cookies Assorted Juice Coffee Milk
Dinner						
Soup of the Day Turkey Salad Wrap Three Bean Salad Sliced Apples Assorted Juice Coffee Milk	Chicken Vegetable Soup Sloppy Joe on a Bun Chuckwagon Corn Mandarin Oranges Assorted Juice Coffee Milk	Supreme Pizza French Style Green Beans Caesar Salad Sherbet Assorted Juice Coffee Milk	Ham and Cheese on Wheat Pickled Beets Potato Salad Fresh Fruit In Season Pickle Chips Assorted Juice Coffee Milk	Split Pea Soup Cheeseburger On Bun Garden Salad Chilled Pears Assorted Juice Coffee Milk	Kielbasa Sausage Sauteed Cabbage Scalloped Potatoes Dinner Roll Pineapple Tidbits Assorted Juice Coffee Milk	Chili Cheese Dog Creamy Coleslaw French Fries Ice Cream Assorted Juice Coffee Milk

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OCTOBER

Sun 10/18	Mon 10/19	Tue 10/20	Wed 10/21	Thu 10/22	Fri 10/23	Sat 10/24
Breakfast						
Oatmeal Sausage Strata Cinnamon Toast Assorted Juices Coffee Milk	Grits Pancakes Bacon Assorted Juices Coffee Milk	Farina Scrambled Egg Home Fries Wheat Toast Assorted Juices Coffee Milk	Oatmeal French Toast Sausage Links Fresh Fruit Cup Assorted Juices Coffee Milk	Farina Scrambled Egg Bacon Whole Wheat Toast Assorted Juices Coffee Milk	Egg on a muffin Cream of Wheat Potatoes O'Brien Assorted Juices Coffee Milk	Oatmeal Cheesy Scrambled Eggs Home Fries Raisin Bread Toast Assorted Juices Coffee Milk
Lunch						
Chicken Cacciatore Italian Green Beans Bread Steamed Rice Mandarin Oranges Assorted Juice Coffee Milk	Fish Cakes French Style Green Beans Dinner Roll Yellow Rice Chocolate Brownie Assorted Juice Coffee Milk	Roast Pork w/ Rosemary California Blend Veg Bread Oven Brown Potato Tropical Fruit Cup Assorted Juice Coffee Milk	Meatloaf Zucchini and Onion Dinner Roll Parslied Noodles Sugar Cookie Assorted Juice Coffee Milk	Vegetable Lasagna Bread Tossed Salad Rosy Pears Assorted Juice Coffee Milk	Lemon Pepper Tilapia Capri Vegetable Blend Dinner Roll Steamed Rice Rainbow Cake Assorted Juice Coffee Milk	Baked Rosemary Chicken Parslied Cauliflower Bread Whipped Sweet Potatoes Melon Assorted Juice Coffee Milk
Dinner						
Pork Chop Vegetable Blend Mashed Potatoes Dinner Roll Apple Pie Assorted Juice Coffee Milk	Hearty Vegetable Soup Cheese Quesadilla Pico de Gallo Red Beans and Rice Pineapple Tidbits Assorted Juice Coffee Milk	Cream Of Tomato Soup Chicken Tenders Sliced Carrots French Fries Sherbet Assorted Juice Coffee Milk	Chicken Noodle Soup Tuna Salad On Rye Marinated Vegetable Salad Peaches Assorted Juice Coffee Milk	Minestrone Soup Italian Sausage Sandwich Buttered Broccoli Coconut Cream Pie Assorted Juice Coffee Milk	Salisbury Steak With Gravy Green Beans Mashed Potatoes Dinner Roll Chilled Fruit Cup Assorted Juice Coffee Milk	Beef Barley Soup Sausage Pizza Garden Salad Ice Cream Assorted Juice Coffee Milk

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OCTOBER

Sun 10/25	Mon 10/26	Tue 10/27	Wed 10/28	Thu 10/29	Fri 10/30	Sat 10/31
Breakfast						
Oatmeal Bacon Strata Coffee Cake Assorted Juices Coffee Milk	Grits Pancakes Sausage Link Assorted Juices Coffee Milk	Farina Egg on a muffin Hash Browns Assorted Juices Coffee Milk	Oatmeal Scrambled Egg Sausage Link Biscuit Assorted Juices Coffee Milk	Farina Baked Omelet Potatoes O'Brien Toast Assorted Juices Coffee Milk	Oatmeal Cheddar Scrambled Eggs Home Fries Raisin Bread Toast Assorted Juices Coffee Milk	Farina French Toast Bacon Assorted Juices Coffee Milk
Lunch						
Best Baked Ziti California Blend Vegetables Garlic Bread Strawberry Cream Pie Assorted Juice Coffee Milk	Carribbean Chicken Roasted Zucchini Bread Yellow Rice Angel Food Cake Assorted Juice Coffee Milk	Meatsauce Peas and Carrots Dinner Roll Spaghetti Chocolate Chip Cookies Assorted Juice Coffee Milk	Veal Piccata Italian Green Beans Bread Oven Brownd Potatoes Spiced Peaches Assorted Juice Coffee Milk	Chicken Fricassee Spinach Bread Herbed Rice Poke Cake Assorted Juice Coffee Milk	Crumb Topped Baked Fish Collard Greens Bread German Potato Salad Chocolate Brownie Assorted Juice Coffee Milk	Meatloaf Mixed Vegetables Dinner Roll Garlic Mashed Potatoes Cinnamon Applesauce Assorted Juice Coffee Milk
Dinner						
Soup of the Day Fish Patty on a Bun Scandanavian Blend Vegetables Baked Steak Fries Sliced Apples Assorted Juice Coffee Milk	Vegetable Soup Sheppard's Pie Green Beans Dinner Roll Fruited Jello Assorted Juice Coffee Milk	Pulled Pork For Sandwich Mixed Vegetables Tator Tots Fresh Fruit Cup Assorted Juice Coffee Milk	Chicken Noodle Soup Hot Dog On A Bun Chuckwagon Corn Baked Beans Pineapple Tidbits Assorted Juice Coffee Milk	Tomato Soup Quiche Lorraine House Blend Vegetable Dinner Roll Rosy Pears Assorted Juice Coffee Milk	Chicken Parmesan Sliced Carrots Rotini Bread Mandarin Oranges Assorted Juice Coffee Milk	Navy Bean Soup Turkey Salad Wrap Cucumber Onion Salad Ice Cream Assorted Juice Coffee Milk

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