

Oct-22				
Monday	Tuesday	Wednesday	Thursday	Friday
3-Oct chicken,veggie and rice bowl mixed vegetables - 1/2 cup spanish rice - 1/2 cup 2 oz shells, 1/2 cup fruit cup, 8 oz skim milk	4-Oct Burgers - 2 oz mashed potatoes - 1/2 cup. 2 oz wheat bread peas - 1/2 cup, 8 oz skim milk 1/2 cup peaches	5-Oct mac n cheese with chicken- 3 oz, mixed veggies 2 oz bun, 8 oz skim milk 1/2 cup banana	6-Oct pancakesm hash browns, sausage - 2 oz 1/2 cup fruit cup, 8 oz skim milk	7-Oct chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk
8-Oct ground beef, taco shells spanish rice - 1/2 cup buttered carrots - 1/2 cup 1/2 cup pineapple tidbits, 8 oz skim milk	11-Oct salisbury steak - 2 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	12-Oct mostacioli with red sauce - 1/2 cup garden salad, dressing- 1/2 cup, 8 oz skim milk apple slices - 1/2 cup	13-Oct Sweet and Sour chicken - 2 ounce chicken, miscellaneous amounts of peppers, onions, sauce, pineapples rice 1/2 cup, mixed veggies 1/2 cup 1 oz wheat bread, 8 oz skim milk pears - 1/2 cup	14-Oct breaded chicken strips - 2.66 oz green beans - 1/2 cup, 8 oz skim milk 2 oz wheat bread, 1/2 tropical fruit cup steak fries - 1/2 cup
17-Oct mac & cheese - 1 cup pasta plus 4 oz cheese sauce, 2 oz chicken nuggets on side peas and carrots - 1/2 cup, 8 oz skim milk mandarin oranges 1/2 cup,	18-Oct 3 oz beef burger, 2 ounce bun, 1 oz american cheese cole slaw 1/2 cup, 1/2 cup applesauce steak fries - 1/2 cup, 8 oz skim milk	19-Oct grilled chick - 3 oz brown rice 1/2 cup, 1 oz, 1 sliced wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	20-Oct BBQ meatballs - 2 ounce beef, 2 oz hot dog bun mixed vegetables - 1/2 cup fruit cup - 1/2 cup 1oz Wheat Bread, 8 oz skim milk	21-Oct 3 oz grilled ham,1/2 cup pinto beans, 1/2 cup garden salad, dressing 1/2cup pears, 2 oz wheat bread 8 oz skim milk
24-Oct mostacioli with red sauce - 1/2 cup beef meatballs - 3 oz Broccoli - 1/2 cup mandarin oranges - 1/2 cup, 1oz Wheat Bread, 8 oz skim milk	25-Oct salisbury steak - 2 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	26-Oct swedish meatballs with gravy white rice 1/2 cup, 1 oz wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	27-Oct chicken parmesan - 1 cup pasta, red 2.66 ounce breaded chicken sweet peas 1/2 cup, 8 oz skim milk 1/2 cup tropical fruit, * chicken separate upon request, 8 oz skim milk	28-Oct chicken tetrazini - 1/2 cup noodles mozzarella cheese, sauce green beans - 1/2 cup 2 oz Wheat Bread, 8 oz skim milk, 1/2 cup applesauce
31-Oct 2 oz teriyaki chicken,1/2 cup pinto pears - 1/2 cup 2 oz wheat bread 8 oz skim milk				