

Month of: October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b></p> <p>L: Beef Ground, Pasta Misc (WG 1oz(WG), Corn, Peaches / Nectarin, Lowfat Milk - 1% Southwest Pasta</p> <p>D: Turkey Ground, Cornbread/Corn Muf(WG), Baked Beans, Applesauce, Lowfat Milk - 1% Tamale Pie</p>	<p><b>2</b></p> <p>L: Turkey Ground, Cornbread/Corn Muf(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Chili</p> <p>D: Chicken Breasts, Brown Rice, WG (1o(WG), Broccoli, Applesauce, Lowfat Milk - 1% Broccoli cheddar Casserole</p>	<p><b>3</b></p> <p>L: Chicken Breasts, Brown Rice, WG (1o(WG), Broccoli, Applesauce, Lowfat Milk - 1% Broccoli cheddar Casserole</p> <p>D: Beef Ground, Brown Rice, WG (1o(WG), Broccoli, Mandarin Oranges,, Lowfat Milk - 1% Mongolian Beef</p>	<p><b>4</b></p> <p>L: Beef Ground, Brown Rice, WG (1o(WG), Carrots, Applesauce, Lowfat Milk - 1% Mongolian Beef</p> <p>D: Turkey Ground, Cornbread/Corn Muf(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Chili</p>	
<b>6</b>	<p><b>7</b></p> <p>L: Chickpeas/Hummus, Brown Rice, WG (1o(WG), Mixed Vegetables, Peaches / Nectarin, Lowfat Milk - 1% Curried Veggie Stir Fry</p> <p>D: Cheddar Cheese, Pasta Misc (WG 1oz(WG), Tomato Sauce / Pas, Peaches / Nectarin, Lowfat Milk - 1% Tomato Basil Pasta</p>	<p><b>8</b></p> <p>L: Chicken Breasts, White Rice, enrich(WG), Onions / Onion Rin, Pineapple, Lowfat Milk - 1% Arroz Con Pollo</p> <p>D: Turkey Ground, Tortillas - 100% W(WG), Potatoes, fresh, a, Pineapple Chorizo Potato tacos</p>	<p><b>9</b></p> <p>L: Turkey Ground, Pasta Misc (WG 1oz(WG), Green Beans, Pears, Lowfat Milk - 1% Turkey Stroganoff</p> <p>D: Chicken Breasts, Brown Rice, WG (1o(WG), Broccoli, Pears, Lowfat Milk - 1% Sweet &amp; Sour chicken</p>	<p><b>10</b></p> <p>L: Chicken Breasts, Brown Rice, WG (1o(WG), Broccoli, Applesauce, Lowfat Milk - 1% Sweet &amp; Sour Chicken</p> <p>D: Egg (large), Rolls-WGR(WG), Garden Salad, Applesauce, Lowfat Milk - 1% Salad</p>	<p><b>11</b></p> <p>L: Egg (large), Rolls-WGR(WG), Garden Salad, Mandarin Oranges,, Lowfat Milk - 1% Salad</p> <p>D: Turkey Ground, Pasta Misc (WG 1oz(WG), Green Beans, Mandarin Oranges,, Lowfat Milk - 1% Turkey Stroganoff</p>	
						<b>12</b>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	L: Cheddar Cheese, Rolls(WG), Garden Salad, Applesauce, Lowfat Milk - 1%  Fall Salad  D: Mozzarella Cheese, Pasta Misc (WG 1oz(WG), Broccoli, Applesauce, Lowfat Milk - 1%  Veggie Alfredo	L: Turkey Ground, White Rice, enrich(WG), Salsa, Mandarin Oranges, Lowfat Milk - 1%  Taco Bake  D: Beef Ground, Tortilla Chips - W(WG), Peppers, Green, Mandarin Oranges,, Lowfat Milk - 1%  Beef Nachos	L: Chicken Breasts, Pasta Misc (WG 1oz(WG), Carrots, Mixed Fruit, Lowfat Milk - 1%  Honey Garlic Chicken  D: Turkey Ground, White Rice (1oz/28, Onions / Onion Rin, Mixed Fruit, Lowfat Milk - 1%  Dirty Rice	L: Turkey Ground, Rice (1oz eq/28gm/(WG), Onions / Onion Rin, Applesauce, Lowfat Milk - 1%  Dirty Rice  D: Beef Ground, Pasta Misc (WG 1oz(WG), Tomato Sauce / Pas, Applesauce, Lowfat Milk - 1%  Chili Mac	A: Beef Ground, Pasta Misc (WG 1oz(WG), Tomato Sauce / Pas, Pear, canned #10, Lowfat Milk - 1%  Chili Mac  D: Chicken Breasts, Pasta Misc (WG 1oz(WG), Carrots, Pears, Lowfat Milk - 1%  Honey Garlic chicken	
20	21	22	23	24	25	26
	L: Cheddar Cheese, Pasta Misc (WG 1oz(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%  Mac & Cheese  D: Black Beans, Brown Rice, WG (1o(WG), Cauliflower, Mandarin Oranges, Lowfat Milk - 1%  Garden Rice Pilaf	L: Beef Ground, Tortilla Chips - W(WG), Peppers, Green, Pears, Lowfat Milk - 1%  Taco Soup  D: Turkey Ground, Pasta Misc (WG 1oz(WG), Salsa, Pears, Lowfat Milk - 1%  Mex Lasagna	L: Chicken Breasts, Rice (1oz eq/28gm/(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%  Chicken Fried Rice  D: Turkey Ground, Pasta Misc (WG 1oz(WG), Mixed Vegetables, Mixed Vegetables, Lowfat Milk - 1%  Tomato Basil Pasta	A: Turkey Ground, Pasta Misc (WG 1oz(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%  Tomato Basil salad  D: Chicken Breasts, Rolls-WGR(WG), Garden Salad, Applesauce, Lowfat Milk - 1%  Harvest Salad	L: Chicken Breasts, Rolls-WGR(WG), Garden Salad, Pineapple, Lowfat Milk - 1%  Fall Harvest Salad  D: Chicken Breasts, Brown Rice, WG (1o(WG), Mixed Vegetables, Pineapple, Lowfat Milk - 1%  Chicken Fried Rice	L: Kidney Beans, Cornbread/Corn Muf(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%  Veggie Chili  D: Cheddar Cheese, Rice (1oz eq/28gm/, Broccoli, Applesauce, Lowfat Milk - 1%  broccoli cheddar casserole

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31		
	L: Black Beans, Cornbread/Corn Muf(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Veggie Chili	L: Beef Ground, Flour Tortillas (1(WG), Potatoes, fresh, a, Tropical Fruit, Lowfat Milk - 1% Chorizo Potato tacos	L: Chicken Breasts, Brown Rice, WG (1o(WG), Broccoli, Mixed Fruit, Lowfat Milk - 1% Teriyaki Chicken	L: Meatloaf (Beef), Rolls-WGR(WG), Mashed Potatoes (1, Pineapple, Lowfat Milk - 1% Meatloaf		
	D: Cheddar Cheese, Brown Rice, WG (1o(WG), Broccoli, Applesauce, Lowfat Milk - 1% Broc Cheddar Casserole	D: Turkey Ground, Tortilla Chips - W(WG), Salsa, Tropical Fruit, Lowfat Milk - 1% Taco Pie	D: Meatloaf (Beef), Rolls-WGR(WG), Mashed Potatoes (1, Applesauce, Lowfat Milk - 1% Meatloaf	D: Turkey Ground, Pasta Misc (WG 1oz(WG), Mixed Vegetables, Pineapple, Lowfat Milk - 1% Baked Ziti		