

# October 2017




1% milk, roll or bread, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*  
*"This institution is an equal opportunity provider"*



## Lunch served

@  
12:30

Mon	Tue	Wed	Thu	Fri
2 Tomato salad Spanish omelet Potatoes O'Brien Pears Pudding Roll	3 Tossed salad Meat Lasagna Vegetable Fruit	4 Broccoli salad Lemon pepper pollock Baked potato /sour cream Spinach Pineapple Roll	5 Tossed green salad French dip on hoagie roll with au jus Sweet potato fries Fruit cocktail	6 Tossed green salad Baked chicken thigh Scalloped potatoes Green beans Peaches Roll
9 Pickled beet salad Potato leek soup Egg salad sandwich Apricots	10 Tossed green salad Meatloaf with gravy Baked potato Green peas Fruit crisp Roll	11 Tossed green salad Chicken Alfredo Mixed vegetables Garlic bread Tropical fruit	12 Coleslaw Salmon burger with lettuce Baked beans Pears	13 Spinach salad Hearty beef stew Cornbread Pineapple
16 Tossed green salad Veggie cheese pizza Fruit cocktail Tapioca pudding	17 Marinated vegetable salad Baked fish almondine Rice pilaf Broccoli Applesauce Roll	18 <b>Oktoberfest</b> Bratwurst with sauerkraut and peppers / roll Bavarian potato salad Apple strudel	19 CHEF RAY SPECIAL 	20 Coleslaw Salisbury steak with gravy Baked potato Fresh greens Mandarin oranges Roll
23 Cucumber salad Split pea soup Grilled cheese sandwich Peaches	24 Pea and cheese salad Sloppy Joes on bun Baked beans Pineapple	25 Spinach salad Roast pork with apples Sweet & sour red cabbage Baked sweet potato Pears Roll	26 Orange juice French toast casserole Turkey sausage Fruit cup	27 Clam chowder Chicken Caesar salad Bread stick Apricots
30 Beet salad Macaroni and cheese Green beans Fruit cup Roll	31 Swamp grass salad Bloody Chicken fingers Vampire repelling garlic fries Bobbing apples Jack o' lantern bar	