



OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPT 30 <ul style="list-style-type: none"> Chicken Fajitas Flour Tortilla Ranch Beans Sliced Apples 1% milk 	OCTOBER 1 <ul style="list-style-type: none"> Beef Stroganoff Penne Pasta Cauliflower Chocolate Pudding 1% milk 	2 <ul style="list-style-type: none"> Breaded Pollock w/ Tartar Sauce Green Beans Brown Rice Dinner Roll Cantaloupe 1% milk 	3 <ul style="list-style-type: none"> Minestrone Soup Corn Bread Mixed Vegetables Cottage Cheese w/ Fruit 1% milk 	4 <ul style="list-style-type: none"> Carne Adovada Flour Tortilla Mexicorn Stewed Tomatoes Choc. Chip Cookie 1% milk
7 <ul style="list-style-type: none"> Steak Fingers w/ Gravy Red Potatoes Succotash Mandarin Oranges 1% milk 	8 <ul style="list-style-type: none"> Sweet & Sour Pork White Rice Mixed Vegetables Pineapple Fortune cookie 1% milk 	9 <ul style="list-style-type: none"> Frito Pie Mixed Vegetables Banana 1% milk 	10 <ul style="list-style-type: none"> Lemon Tilapia w/ Tartar Sauce) Brown Rice Stewed Tomatoes Tapioca 1% milk 	11 <ul style="list-style-type: none"> Chicken & Rice Soup Glazed Carrots Spinach Dinner Roll Sliced Pears 1% milk
14 <ul style="list-style-type: none"> Beef Cottage Pie Mashed Potatoes Cornbread Apple Crisp 1% milk 	15 <ul style="list-style-type: none"> Open Face Turkey Sandwich w/ Gravy Yams Green Beans Orange 1% milk 	16 <ul style="list-style-type: none"> Spaghetti Marinara with Squash Breadstick Mixed Vegetables Apricot Half 1% milk 	17 <ul style="list-style-type: none"> Salisbury Steak w/ Gravy White Rice Peas Orange Jell-O w/ pineapple Dinner roll 1% milk 	19 <ul style="list-style-type: none"> Green Chili Stew w/ Chicken Tortilla Pinto Beans Calabacitas Honeydew 1% milk
21 <ul style="list-style-type: none"> Beef Tips Bowtie Pasta Brussel Sprouts Stewed Apples w/ Raisins 1% milk 	22 <ul style="list-style-type: none"> Chicken Pot Pie Beets Peas Watermelon 1% milk 	23 <ul style="list-style-type: none"> Baked potato w/ Broccoli & Cheese Corn Black Eyed Peas Cottage Cheese w/ Peaches 1% milk 	24 <ul style="list-style-type: none"> Salmon Orzo Pasta Mixed Vegetables Orange 1% milk 	25 <ul style="list-style-type: none"> Pork Carnitas Flour tortillas Lime Rice Pinto Beans Apple Sauce 1% milk
28 <ul style="list-style-type: none"> Green Chili Cheeseburger Steak Fries Mixed Vegetables Chocolate Cake 1% milk 	29 <ul style="list-style-type: none"> Rotisserie Chicken Scalloped Potatoes Corn Dinner roll Grapes 1% milk 	30 <ul style="list-style-type: none"> Spinach Lasagna Breadstick White Beans Mixed Fruit 1% milk 	31 <ul style="list-style-type: none"> Meatloaf w/ Gravy Mashed Potatoes Sliced Carrots Orange Jell-o 1% milk 	Nov. 1 <ul style="list-style-type: none"> Open Face Sloppy Joe Fajita Blend Green Beans Apple 1% milk