

OCTOBER 2024



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1 Cheese Tortellini w/Pesto Sauce C California Vegetables Spinach Salad w/Dressing Peaches Ice Cream	10/2 Beef Fajitas w/Peppers & Onions Pozole Soup C Fiesta Vegetables Tortilla Seasonal Fresh Fruit	10/3 <i>New!</i> Cranberry Chicken Salad Sandwich w/Shredded Lettuce on Whole Wheat Bread Potato Leek Soup <u>Carrot Raisin Salad</u> C Citrus Fruit	10/4 Turkey Shepherd's Pie C w/Mashed Potatoes <u>Bean Medley</u> Tossed Salad w/Dressing C Juice Cookie
10/7 Pineapple Glazed Chicken Brown Rice Hawaiian Macaroni Salad <u>Bean Medley</u> C Fresh Orange Lemon Pudding	10/8 Pork Carnitas w/Salsa Tortilla Mexicali Corn C Cilantro Coleslaw w/Carrots Seasonal Fresh Fruit	10/9 Turkey Burger w/Cheese, Lettuce, Tomato, Onion, Mustard, & Mayo on a Whole Grain Bun Lentil Soup Garden Pea Salad C Mandarin Oranges	10/10 Swedish Meatballs Whole Grain Herb Pasta <u>Scandinavian Vegetables</u> Tossed Salad w/Dressing C Juice Brownie	10/11 Seafood Louie Salad w/Mock Crab and 1000 Island Dressing Split Pea Soup Whole Wheat Roll w/Butter C Tropical Fruit
10/14 INDIGENOUS PEOPLES DAY	10/15 Parmesan Chicken Whole Grain Rotini w/Marinara Sauce Carrots C Brussels Sprouts Seasonal Fresh Fruit	10/16 Breaded Fish Sandwich w/Cheese, Lettuce, and Tartar Sauce on a Whole Grain Bun Clam Chowder Marinated Beets & Onions C Juice Cookie	10/17 Pork Chili Verde over Brown Rice C Cauliflower Spinach Seasonal Fresh Fruit Sherbet	10/18 Salisbury Steak w/Onion Gravy C Mashed Potatoes <u>Italian Vegetables</u> Whole Wheat Roll w/Butter Mixed Fruit
10/21 Cheeseburger w/Lettuce, Tomato, Onion, Catsup, Mustard, & Mayo on a Whole Grain Bun Hearty Vegetable Soup Baked Beans C Creamy Coleslaw Seasonal Fresh Fruit	10/22 Tuna Salad Sandwich w/Lettuce, Tomato, & Onion on WW Bread Tomato Basil Soup 3 Bean Salad C Citrus Fruit Brownie	10/23 Roasted Chicken w/Gravy C Mashed Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit	10/24 Turkey Tetrazzini Stewed Tomatoes <u>Mixed Vegetables</u> Gelatin C w/Mandarin Oranges	10/25 Cheese Omelet w/Shredded Cheese and Salsa Red Potatoes <u>Spinach</u> Muffin C Applesauce
10/28 Turkey Tzatziki Salad on Mixed Greens Mushroom Barley Soup Whole Wheat Roll w/Butter C Tropical Fruit Cookie	10/29 Beef Stroganoff w/Whole Grain Noodles C California Vegetables Tossed Salad w/Dressing <u>Apricots</u>	10/30 BBQ Pork Rib Patty <u>Candied Yams</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter Seasonal Fresh Fruit	10/31 HALLOWEEN Hot Dog w/Chili, Cheese, and Onions on a Whole Grain Bun Potato Salad C Coleslaw w/Carrots Seasonal Fresh Fruit Chocolate Cake	

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CHEF'S SALAD).

— Vitamin A
C Vitamin C

+ Higher in sodium