



Happy Halloween

OCTOBER 2021

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				FRIDAY 1*
L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard	Senior Meal Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change			Swedish Meatballs over Rice Steamed Veggies Beet and Red Onion Salad Fruit WW Roll w/ Margarine Oatmeal Raisin Cookie
MONDAY 4*	TUESDAY 5	WEDNESDAY 6	THURSDAY 7*	FRIDAY 8*
Artichoke Chicken Herbed Rice and Orzo Steamed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Fruit Cobbler	Breakfast for Lunch Sausage Egg, Cheese Biscuit Hash Browns Bell Peppers and Onions Orange Juice	Chinese Chicken Salad w/Chicken, Chow Mein Noodles, Toasted Almonds, Green Onions, Cilantro, Sesame Seeds & LF Sesame Dressing Fruit and Fortune Cookie	GC Cheese Lasagna Steamed Italian Vegetables Garden Salad w/LF Dressing Breadstick Fruit	Roasted Pork Loin w/Au Jus Roasted Red Potatoes Steamed Veggies Garden Salad w/LF Dressing WW Roll w/ Margarine Chilled Applesauce
MONDAY 11*	TUESDAY 12*	WEDNESDAY 13*	THURSDAY 14*	FRIDAY 15
Country Fried Steak Mashed Potatoes w/Gravy Steamed Veggies Garden Salad w/LF Dressing Biscuit w/Margarine Fruit	Green Chili Chicken Stew Pinto Beans Garden Salad w/LF Dressing Flour Tortilla Fruit	Stuffed Chicken Breast w/ Cream Gravy Scalloped Potatoes Steamed Veggies WW Roll w/Margarine, Fruit Pudding	Sweet and Sour Pork Steamed Rice Steamed Veggies Garden Salad w/LF Dressing Sweet Roll w/Margarine Fruit and Fortune Cookie	Frito Pie w/Pinto Beans & Ground Beef Chuckwagon Corn Shredded Lettuce/Tomato Flour Tortilla Fruit
MONDAY 18*	TUESDAY 19	WEDNESDAY 20*	THURSDAY 21*	FRIDAY 22*
Garlic/Ginger Chicken Steamed Veggies Coconut Rice Garden Salad w/LF Dressing WW Roll w/Margarine Fruit	Brat in a Bun w/Peppers & Onions Buttered Corn Potato Wedges Garden Salad w/LF Dressing Fruit	Meatloaf Mashed Potatoes & Gravy Steamed Mixed Vegetables Garden Salad w/LF Dressing Biscuit w/Margarine Fruit	RC Bean & Cheese Enchiladas Spanish Rice Chuckwagon Corn Shredded Lettuce Diced Tomato Fruit	BBQ Chicken Breast Rice Pilaf Steamed Veggies Coleslaw WW Roll w/ Margarine Fruit
MONDAY 25*	TUESDAY 26*	WEDNESDAY 27	THURSDAY 28*	FRIDAY 29*
Salisbury Steak w/Mushroom Gravy Mashed Potatoes w/Gravy Steamed Veggies Garden Salad w/LF Dressing Biscuit w/Margarine Fruit	Stuffed Bell Peppers w/Beef and Rice Steamed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Fruit	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons Club Crackers Fruit Pudding	Pineapple Glazed Chicken Steamed Veggies Steamed Rice Garden Salad w/LF Dressing WW Roll w/ Margarine Fruit	RC Beef & Cheese En-Chill-Adas Spanish Rice Pinto Beans Garden Salad w/LF Dressing Baked Cinnamon Apples

Final