


# October 2020 Menu

(Substitutions may be necessary without advanced notice.)

Mon	Tue	Wed	Thu	Fri
			1 Roast Pork Sweet Potatoes Cascade Blend Veggies Peaches Wheat Roll / Milk	2 Breaded Chicken with Country Gravy and Mashed Potato Peas Wheat Bread / Milk
5 Ham & Pineapple Sweet Potatoes Capri Blend Veggies Graham Crackers Wheat Bread Milk	6 Turkey Florentine Broccoli Carrots Pudding Wheat Bread Milk	7 Cheeseburger Meatloaf Mac & Cheese Green Beans Citrus Salad Wheat Roll Milk	8 Chicken Broccoli Casserole Country Trio Veggies Green Salad / Dressing Peaches Wheat Roll / Milk	9 Crunch Tuna Casserole Winter Blend Veggies Stewed Tomatoes Whole Grain Roll Milk
12 BBQ Beef Sandwich Baked Beans Green Beans Mango/Mandarin Oranges Wheat Bun Milk	13 Salmon Wild Rice Snap Peas Coleslaw Wheat Bread Milk	14 Beans & Ham Potatoes Brussels Sprouts Cornbread Juice Milk	15 Chicken Parmesan Wheat Pasta Italian Veggies Juice French Bread Milk	16 Turkey / Gravy Mashed Potatoes Cranberry Sauce Biscayne Veggies Wheat Roll Milk
19 Chili Baked Potato Green Beans Carrots Juice Wheat Bun Milk	20 Beef Stew Brussels Sprouts Spiced Apples Cornbread Milk	21 Lemon Herb Cod Rice Pilaf Mixed Veggies Green Salad / Dressing Wheat Bread Milk	22 Salisbury Steak / Gravy Mashed Potatoes Beets Pineapple Wheat Roll Milk	23 Spaghetti with Meat Sauce Italian Blend Veggies Peaches with Berries French Bread Milk
26 Beef Stroganoff Mixed Veggies Peaches Wheat Bread Milk	27 <b>Sausage &amp; Rice Skillet</b>  Broccoli Peaches Pudding Wheat Bread / Milk	28 Breaded Fish Ranch Beans Peas Coleslaw Wheat Bread Milk	29 Potato Corn Chowder Carrots Cottage Cheese Apples with Berries Wheat Roll Milk	30 <b>Halloween Meal</b>  BBQ Riblet Cheesy Potatoes Garden Blend Veggies Hoagie Roll Milk Halloween Cake