

October 2021

		<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p> <p>Lunch Served from 11:00am-12:30pm</p>		<p><b>1 - Friday</b></p> <p><b>Sloppy Joe</b> Green Beans Glazed Baby Carrots Tropical Fruit</p> 
		<p><b>4 - Monday</b></p> <p><b>Chili Relleno</b> Pinto Beans Spanish Rice Pears</p> 	<p><b>5 - Tuesday</b></p> <p><b>Beef Stroganoff</b> Capri Vegetables Whole Wheat Roll Plums</p> 	<p><b>6 - Wednesday</b></p> <p><b>BBQ Chicken Thighs</b> Potato Salad Chuckwagon Vegetables Whole Wheat Roll Spiced Apples</p>
<p><b>11 - Monday</b></p> <p><b>Chicken Tacos</b> Calabacitas Pinto Beans Lettuce &amp; Tomato Tropical Fruit</p> 	<p><b>12 - Tuesday</b></p> <p><b>Salisbury Steak w/ Gravy</b> Potato Wedges Brussell Sprouts Whole Wheat Roll Plums</p>	<p><b>13 - Wednesday</b></p> <p><b>Lemon Chicken</b> Mixed Vegetables Steamed Rice Strawberries &amp; Bananas</p> 	<p><b>14 - Thursday</b></p> <p><b>Green Chile Cheese Lasagna</b> Buttered Corn Lettuce &amp; Tomato Spice Cake</p> 	<p><b>15 - Friday</b></p> <p><b>Beef Stew</b> Beet &amp; Onion Salad Cornbread Applesauce</p> 
<p><b>18 - Monday</b></p> <p><b>Beef Tips</b> Mashed Potatoes Asparagus Cuts Sliced Carrots Apricots</p>	<p><b>19 - Tuesday</b></p> <p><b>Dill Baked Fish</b> Corn &amp; Peppers Carrot Slaw Hush Puppies Tartar Sauce Yogurt Pears</p>	<p><b>20 - Wednesday</b></p> <p><b>Chicken Strips</b> French fries Green Beans Biscuit Peaches in Cottage Cheese</p>	<p><b>21 - Thursday</b></p> <p><b>Meatloaf</b> Mashed Potatoes w/ Gravy Capri Vegetables Whole Wheat Roll Blueberry Cobbler</p>	<p><b>22 - Friday</b></p> <p><b>Beef Fajitas w/ Flour Tortilla</b> Lettuce &amp; Tomato Pinto Beans Vanilla Pudding</p> 
<p><b>25 - Monday</b></p> <p><b>Baked Chicken Breast</b> Country Blend Vegetables Scalloped Potatoes Whole Wheat Roll Plums</p>	<p><b>26 - Tuesday</b></p> <p><b>Red Beef Enchiladas</b> Spanish Slaw Pinto Beans Crackers Apricots</p> 	<p><b>27 - Wednesday</b></p> <p><b>Kraut Dog</b> Corn on the Cob Baked Beans Apple Sauce</p> 	<p><b>28 - Thursday</b></p> <p><b>Country Fried Steak w/ Gravy</b> Baked Potato Mixed Vegetables Whole Wheat Roll Fruit Cocktail</p>	<p><b>29 - Friday</b></p> <p><b>Ghostly Goulash</b> Baby Carrot Fingers Spider Leg Garlic Bread Blood Red Jell-O</p> 

Grab & Go 11am-12:30pm

\*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.\*