

# October 2017



Mon	Tue	Wed	Thu	Fri
<b>2.</b> Ham Scalloped Potatoes Carrots Whole Wheat Dinner Roll, Pineapple	<b>3.</b> Whole Grain Spaghetti Tomato Meat Sauce Whole Grain Breadsticks Green Beans Orange Wedges	<b>4.</b> Hot Ham and Cheese on Whole Wheat Bun Potato Chowder Lettuce Salad w/ Low Fat Dressing Pears-	<b>5.</b> Real Chicken Legs Mashed Potatoes & Gravy Baked Beans Bread & Peaches	<b>6.</b> Turkey Hot Dog with Whole Wheat Bun Beet Pickles Broccoli Banana
<b>9.</b> Soft Shell Taco Turkey Taco Meat w/ Black Beans Ice Berg Lettuce, Salsa, Cheese Pineapple	<b>10.</b> Meatloaf Parsley Whole Potatoes Corn Whole Wheat Roll or Bread, Peaches	<b>11.</b> Turkey Sausage French Toast Sticks Hash Browns Strawberries	<b>12.</b> Hamburger on Whole Wheat Roll Romaine Salad w/ Low Fat Dressing French Fries Apple, Baked Beans	<b>13.</b> Chicken Patty On Whole Wheat Bun Sweet Potato Fries Garden Salad w/ Low fat Dressing, Orange Wedges, Celery Sticks
<b>16.</b> Turkey Gravy over Mashed Potatoes Peas Whole Wheat Bun Peaches	<b>17.</b> BBQ Chicken Whole Wheat Roll Baked Beans Leafy Spinach Salad Low Fat Dressing Juice Cup	<b>18.</b> Corn Dog Sweet Potato Fries Garden Salad w/ Low Fat Dressing Strawberries	<b>19.</b> Cheese Pizza on Whole Wheat Crust Romaine Salad w/ Low Fat Dressing , Corn Pineapple	<b>20.</b> Mexican Haystack w/ Turkey Taco Meat, Black Beans, Cheese, Lettuce, Tortilla Chips, Salsa
<b>23.</b> Sloppy Joe on Whole Wheat Bun Carrots Baked Beans Pineapple	<b>24.</b> Chicken Patty on Whole Wheat Bun Roasted Red Potatoes Spinach Salad w/ Low Fat Dressing	<b>25.</b> Turkey Hot Dog w/ Whole Wheat Bun Beet Pickles Broccoli Banana	<b>26.</b> Pizza Casserole Green Beans Romaine Salad w/ Low Fat Dressing Apple	<b>27.</b> Pulled Pork on Whole Wheat Bun California Blend Melon Coleslaw
<b>30.</b> Ham Scalloped Potatoes Carrots Dinner Roll Pineapple	<b>31.</b> Whole Grain Spaghetti Tomato Meat Sauce Whole Grain Breadsticks, Green Beans,			