



October 2017 Meal Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Ham & Cheese Quesadilla Breakfast Potatoes PM: Flavored Jell-O	Whole Wheat Pancakes w/syrup PM: Fresh Orange Wedges	Ham & Egg Sandwich Turkey Sausage PM: Fruit Cup	Bean & Cheese Tacos Sausage links PM: Peeled Apples	Whole Wheat French Toast Apple compote PM: Goldfish Crackers
PM	Mild Chicken Wings Beef Chili Whole Bliss Baked Potatoes Buttery Cauliflower Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">2</div>	Carne Guisada Turkey Casserole Sautéed Spinach Penne Pasta w/butter Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">3</div>	Bakeable Chicken Tenders Sliced Virginia Ham Mashed Potatoes Sautéed Spinach w/ bacon Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">4</div>	Texas BBQ Pork Ribs Veggie Burger Whole Wheat Dinner Rolls Mashed Potatoes Sautéed Green Beans Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">5</div>	Searched Chicken Breast Lemon Butter Baked Fish Rice Jardiniere Sautéed Spinach Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">6</div>
AM	Bean & Cheese Tacos Sausage Links PM: Fresh Apple Wedges w/honey	Whole Wheat French Toast Turkey Bacon PM: Chocolate Pudding	Scrambled Eggs Turkey Sausage PM: Flavored Jell-O	Creamy Oatmeal w/Raisins Bacon PM: Fresh Strawberries	Potatoes & Eggs Low-sodium Ham PM: Healthy Chex Mix
PM	Ham and Cheese Baked Ziti Beef Tips with Carrots Whole Bliss Baked Potatoes Steamed Broccoli Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">9</div>	Chicken Thighs Teriyaki Turkey Chili Baked Potato Green Bean Casserole Brown Fried Rice Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">10</div>	Grnd. Beef Taco/Tortilla Shell Grnd. Chicken Taco/Tortilla Shell Shredded Lettuce, Cream, Pico Charro Pinto Beans Sautéed Corn with Bell Peppers Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">11</div>	Chicken Breast w/Lem. Cream Whole Wheat Turkey Wraps Garbanzo and Tomato Stew Roasted Polenta Cakes Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">12</div>	Baked Fish Fillet Fingers Smoked Sausage&Peppers Sliced Bread Brown Rice w/Peas Sautéed Carrots Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">13</div>
AM	Scrambled Eggs Turkey Sausage PM: Dry Cereal	Creamy Oatmeal w/raisins Bacon PM: Yogurt w/Berry Puree	Bacon & Egg Tacos Breakfast Potatoes PM: Goldfish Crackers	Whole Wheat Pancakes w/syrup PM: Fresh Apple Slices	Biscuits & Gravy Sausage PM: Low-fat Cheese Sticks
PM	Wheat Pepperoni/ Ham Pizza Chicken Entomatado Roasted Potatoes Buttery Corn Kernels Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">16</div>	Salisbury Steak/Light Gravy Meat Lasagna Sautéed Zucchini Sautéed Green Beans Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">17</div>	Grilled Chicken Pizzaiola Sliced Pork w/Raisin Sauce Baked Fries Steamed Broccoli Rolls or Sliced Bread Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">18</div>	Roasted Chicken Legs (BBQ) Shredded Beef Ropa Vieja Roasted Potatoes Butternut Squash Purree Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">19</div>	Cheese Tortellini Baked Red Fish Fillet Sliced Bread Brown Rice w/Peas Sautéed Carrots Seasonal Fresh Fruit Salad Bar/Soup of the Day <div style="text-align: right;">20</div>
AM	Creamy Oatmeal w/Raisins Bacon PM: Fresh Grapes	Biscuits & Gravy Sausage PM: Low-fat Cheese Sticks	Ham & Cheese Quesadillas Breakfast Potatoes PM: Flavored Jell-O	Hard-boiled Eggs Sliced Low-sodium Ham PM: Goldfish Crackers	Whole Wheat French Toast Apple Compote PM: Goldfish Crackers
PM	Sliced Smoked Brisket BBQ Chicken Breast Mashed Potatoes Corn on the Cob Dinner rolls Seasonal fresh fruit Salad bar/Soup of the day <div style="text-align: right;">23</div>	Cheese Enchiladas Chicken Tamales Sautéed Corn Kernels Spanish Rice Seasonal fresh fruit Salad bar/Soup of the day <div style="text-align: right;">24</div>	Slow Roasted Pork Loin Pulled Chicken Sandwich White Beans and Bacon Sautéed Zucchini Dinner Rolls Seasonal fresh fruit Salad bar/Soup of the day <div style="text-align: right;">25</div>	Lemon Chicken Breast BBQ Pulled Pork Brown Rice Sautéed Green Beans Dinner Rolls Seasonal fresh fruit Salad bar/Soup of the day <div style="text-align: right;">26</div>	<p style="color: red; font-weight: bold; font-size: 1.2em;">Early Release Box Lunches</p>
AM	Ham & Cheese Quesadillas Breakfast Potatoes PM: Flavored Jell-O	Whole Wheat French Toast Turkey Bacon PM: Chocolate Pudding			*Highlighted items indicate K3 & K4 entrees.
PM	Pork Loin Tomatillo Sauce Spaghetti Bolognese Sautéed Zucchini Peas & Carrots Dinner Rolls Seasonal Fresh Fruit Salad bar/Soup of the day <div style="text-align: right;">30</div>	Turkey & Spinach Patties Lemon-Pepper Fish Fillet Roasted Potatoes Buttery Corn Kernels Dinner Rolls Seasonal Fresh Fruit Salad bar/Soup of the day <div style="text-align: right;">31</div>			