

Monday	Tuesday	Wednesday	Thursday	Friday
Loaded Baked Potato With Chili Carrot Cascade Corn Bread Green Salad Gingerbread	2 Meatloaf Au gratin Potatoes Peas Spinach Salad Lemon Cake	3 BBQ Chicken Macaroni & Cheese Squash Capri Cole Slaw Strawberry Shortcake	4 Big Tex Burgers Texas Tator Twisters Corn off the Cob Green Salad Blue Ribbon Apple Pie	5 State Fair Turkey Mashed Potatoes Broccoli Florets Caesar Salad Peach Cobbler
Beef Lasagna Italian Flat Beans Garlic Bread Caesar Salad Carrot Cake w/ Icing	9 Chicken Tenders w/ Honey Mustard Roasted Potatoes Broccoli Florets Green Salad Brownies	10 Green Pepper Steak over Rice Eggroll Venetian Asparagus Cup of Soup Orange Fluff & Fortune Cookie	11 "National Gumbo Day" 12 Bowl of Gumbo Carrots Cornbread Cole Slaw Fresh Baked Cookie	13 Pork Rib Patty Baked Beans Pasta Salad Spinach Salad Pineapple Upside down Cake
Bratwurst over Sauerkraut Roasted Potatoes Venetian Asparagus Spinach Salad Apple Strudel	16 Baked Fish Macaroni & Cheese Green Beans Cole Slaw Pound Cake w/ Toppings	17 Garlic Herbed Chicken Rice Pilaf Spinach Green Salad "National Chocolate Cupcake Day"	18 Schnitzel Spätzle with Gravy Red Cabbage Green Salad Black Forest Cake	19 Salisbury Steak Mashed Potatoes Peas Caesar Salad Sherbet
Parmesan Crusted Chicken Macaroni & Cheese Green Beans Cole Slaw Tapioca	23 Stuffed Green Pepper Corn Carrots Caesar Salad Cheese Cake w/ Toppings	24 Baked Ham Au Gratin Potatoes Broccoli Normandy Spinach Salad Fresh Baked Cookie	25 Chipped Beef Over Noodles Venetian Asparagus Fresh Fruit Green Salad Pound Cake w/ Toppings	26 Chicken Quesadilla Ranchero Beans Spanish Rice Cup of Tortilla Soup Banana Pudding
Baked Fish Rice Pilaf Spinach Green Salad Lemon Cake	30 "Halloween" Ghoulish Goulash Pumpkin Carrots Vampire Garlic Bread Swampy Spinach Salad Dirt w/Worms	31	 Friends Place Richardson OCTOBER 2017 All meals served with Iced Tea, Lemonade OR Water and Fresh Baked Bread unless otherwise indicated. For NCS diets-Fresh Fruit, ½ portion regular dessert or sugar free dessert is offered. For no added salt diets-Table salt is not available. 	

Menus approved by: _____ Julie Pan MSRD _____ Date _____ Sept. 29, 2017 _____