

Monday	Tuesday	Wednesday	Thursday	Friday
				
		BBQ Chicken Macaroni & Cheese Peas Cole Slaw Fresh Baked Cookie	1 Chicken Fried Steak w/ Gravy Mashed Potatoes Green Beans Garden Salad Gingerbread	2 Baked Fish Rice Pilaf Broccoli Spring Salad Orange Fluff
6 Turkey Sandwich Baked Chips Beets Garden Salad Pound Cake w/Toppings	7 Chicken Roasted Potatoes Green Beans Spring Salad Vanilla Pudding	8 Swedish Meatballs Noodles Mixed Vegetables Spinach Salad Ambrosia	9 Hot Dog Tater Tots Scandinavian Vegetables Caesar Salad Fresh Baked Cookie	10 Veteran's Day Air Force Wings U Boat Potatoes Army Green Peas Coast Guard Cole Slaw Marine Pie
13 Garlic Herb Chicken Roasted Sweet Potatoes Carrot Cascade Spinach Salad Apple Pie	14 Meat Sauce w/Pasta Italian Flat cut beans Garlic Bread Cole Slaw Brownie	15 Sweet & Sour Chicken Vegetable Fried Rice Egg Roll Spring Salad Fresh Baked Cookie	16 Meatloaf Mashed Potatoes Garden Vegetables Tossed Salad Peach Cobbler	17 Lemon Pepper Chicken Rice Pilaf Carrot Cascade Caesar Salad Lemon Cake
20 Soft Taco Spanish Rice Pinto Beans Caesar Salad Banana Pudding	21 Fried Chicken Scalloped Potatoes Carrot Cascade Spinach salad Pistachio Fluff	22 Thanksgiving Feast Turkey with Gravy Cornbread Stuffing Sweet Potatoes Green Bean Casserole Garden Salad Pumpkin Pie	23 THANKSGIVING DAY CLOSED	24 HOLIDAY CLOSED
27 Smothered Chicken Mashed Potatoes Mixed Vegetables Spring Mix Salad Peach Cobbler	28 Tomato Basil Soup Grilled Cheese Sandwich Fresh Fruit Garden Salad Fresh Baked Cookie	29 Chicken Quesadilla Spanish Rice Pinto Beans Caesar Salad Ambrosia	30 Cheeseburger Crinkle Cut Fries Peas & Carrots Coleslaw Birthday Cake	All meals served with Iced Tea or Lemonade and Fresh Baked Bread unless otherwise indicated. For NCS Diets-Fresh Fruit, ½ portion regular dessert or sugar free cookie/pudding is offered. For no added salt diets- Table salt is not available

Menus approved by: Julie Pan MS, RD

Date 10/24/2023