



OCTOBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Turkey Pinwheels Pasta Salad Fresh Fruit	2 Lasagna Casserole Salad Fresh Fruit	3 Tomato Soup Grilled Cheese Carrots Fresh Fruit	4 Grilled Chicken Sandwich Cottage Cheese Salad Fresh Fruit	5 Flat Bread Pizza Assorted Veggies Fresh Fruit	6
7	8 Cheese Ravioli w/ Sauce Salad Fresh Fruit	9 Apple Cinnamon Pancakes Turkey Sausage Fresh Fruit	10 Beef Tacos Corn Fresh Fruit	11 Fettuccini Alfredo Broccoli Fresh Fruit	12 Grilled Chicken Fajitas Rice Fresh Fruit	13
14	15 Spaghetti w/ Meat Sauce Green Beans Fresh Fruit	16 Grilled Chicken Sandwich Salad Fresh Fruit	17 Macaroni & Cheese Broccoli Fresh Fruit	18 Egg & Cheese English Muffin Hash Browns Fresh Fruit	19 Scalloped Potatoes w/ Ham Fresh Vegetables Fresh Fruit	20
21	22 Chicken & Cheese Quesadilla Carrots Fresh Fruit	23 Turkey & Cheese Sandwich Salad Fresh Fruit	24 Grilled Chicken Tenders Mashed Potatoes Green Beans Fresh Fruit	25 Mini Beef Sliders Sun Chips Fresh Fruit	26 Beef Stew w/ Carrots & Potatoes Bread Fresh Fruit	27
28	29 Pasta w/ Chicken & Broccoli Salad Fresh Fruit	30 Flatbread Pizza Assorted Veggies Fresh Fruit	31 Turkey Hot Dogs - wrapped in phyllo dough Beans Fresh Fruit			