



OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Chicken Salad Sandwich Pasta Salad Fresh Fruit	1 Pasta w/ Sausage & Peppers Mixed Vegetables Fresh Fruit	2 Shepard's Pie Sweet Peas Fresh Fruit	3 Chicken & Broccoli Pasta Cucumber/Tomato Salad Fresh Fruit	4 Hot Dogs Fresh Veggies & Dip French Fries Fresh Fruit	5
6	7 Rivoli w/ Sauce Green Beans Fresh Fruit	8 Sweet & Sour Chicken Fried Rice Fresh Fruit	9 Cheese Quesadilla Black Beans & Corn Fresh Fruit	10 Meatballs Buttered Noodles Mixed Veggies Fresh Fruit	11 Chicken Tenders Pinto Beans & Rice Fresh Fruit	12
13	14 Mac & Cheese Broccoli Fresh Fruit	15 Tacos Corn Fresh Fruit	16 Chicken & Sausage Jambalaya Green Beans Fresh Fruit	17 Chili w/ Beans & Crackers Fresh Veggies Fresh Fruit	18 Club Sandwich Chips Fresh Veggies Fresh Fruit	19
20	21 Sausage & Pepper Pasta Carrots Fresh Fruit	22 Beef Quesadilla Spanish Rice Fresh Fruit	23 Fish Sticks French Fries Fresh Fruit	24 Chicken Alfredo Asparagus Fresh Fruit	25 Pancakes Sausage Yogurt Fresh Fruit	26
27	28 Chicken Broccoli & Rice Casserole Sweet Potatoes Fresh Fruit	29 Baked Turkey Mashed Potatoes Mixed Vegetables Fresh Fruit	30 Grilled Cheese Sandwich Tomato Soup Fresh Fruit	31 Shepard's Pie Sweet Peas Fresh Fruit	1 Hot Dogs Chips Fresh Fruit	