



OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Chicken Salad Sandwich Pasta Salad Fresh Fruit	29 Pasta w/ Sausage & Peppers Mixed Vegetables Fresh Fruit	30 Shepard's Pie Sweet Peas Fresh Fruit	1 Chicken & Broccoli Pasta Cucumber/Tomato Salad Fresh Fruit	2 Hot Dogs Fresh Veggies & Dip French Fries Fresh Fruit	3
4	5 Mac & Cheese Broccoli Fresh Fruit	6 Turkey Tacos Corn & Black Beans Fresh Fruit	7 Teriyaki Chicken Fried Rice Edamame Fresh Fruit	8 Sausage & Pepper Pasta Vegetable Stir Fry Fresh Fruit	9 Tilapia Roasted Potatoes Green Beans Fresh Fruit	10
11	12 Club Sandwich Veggie Chips Fresh Fruit	13 Turkey & Cheese Quesadillas Mixed Veggies Fresh Fruit	14 Meatballs Buttered Noodles Glazed Carrots Fresh Fruit	15 Chicken & Sausage Jambalaya Sweet Potatoes Fresh Fruit	16 Fish Sticks Tater Tots Coleslaw Fresh Fruit	17
18	19 Ravioli w/ Sauce Vegetable Medley Fresh Fruit	20 Breakfast Burritos Hashbrowns Fresh Fruit	21 Chicken Tenders Green Beans Fresh Fruit	22 Turkey Chili Crackers Fresh Veggies Fresh Fruit	23 Ham & Cheesy Potatoes Broccoli Fresh Fruit	24
25	26 Shepard's Pie Sweet Peas Fresh Fruit	27 Turkey Tacos Pasta Salad Fresh Fruit	28 Chicken Alfredo Sauteed Zucchini Fresh Fruit	29 Mummy Hot Dogs Sweet Potatoes Fresh Fruit	30 Pancakes Sausage Fresh Fruit	