

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17 2 oz. Sweet-n-Sour pork ½ c. wgr brown rice ½ c. carrots ¼ c. green peas ½ c. pears	18 ¾ c. Vegetable Chili w/cheese ½ c. wgr brown rice 1 oz. wgr roll w/butter ½ c. green beans ¼ c. carrots ½ c. Fresh melon	19 2 oz. BBQ Pulled Pork WGR bun ½ c. black beans ¼ c. corn ½ c. Pineapple	20 3 oz. Cheeseburger (wgr bun) 1 c. romaine salad w/ ¼ c. tomatoes, cucumbers & LF ranch dressing 1 ea. banana	21 5 ea. Chicken Nuggets w/BBQ sauce Wgr roll ½ c. Broccoli ¼ c. corn ½ c. fresh orange wedges
24 2 oz. Baked Chicken ½ c. wgr brown rice 1 oz. wgr roll w/butter ½ c. broccoli ¼ c. corn ½ c. pears	25 1 c. Chicken Tetraxini w/wgr penne ½ c. green beans ¼ c. mixed vegetables ½ c. Fresh melon	26 ¾ Beef Stroganoff ½ wgr pasta 1 oz. wgr dinner roll ½ c. carrots ¼ c. green peas ½ c. pineapple	27 4 ea. Breaded Fish Shapes w/ketchup ½ c. cucumber coins ¼ c. mixed vegetables 1 ea. banana	28 2 oz. Oven Fried Chicken 2 oz. WGR corn bread ½ c. baked beans ¼ c. carrots ½ c. fresh orange wedges
31 1 c. Chicken Tomato Bake 1 oz. wgr dinner roll ½ c. broccoli ¼ c. cauliflower ½ c. pears				