



OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Sausage & Peppers Pasta Broccoli Fresh Fruit	28 Taco Casserole Corn Fresh Fruit	29 Chicken Alfredo Green Beans Fresh Fruit	30 Turkey & Cheese Roll-up Veggie Chips Fresh Fruit	1 French Bread Pizza Salad Fresh Fruit	2
3	4 Ravioli w/ Sauce Vegetable Medley Fresh Fruit	5 Turkey Tacos Pinto Beans Fresh Fruit	6 Teriyaki Chicken Rice Stir Fry Veggies Fresh Fruit	7 Cheeseburger Pasta Mixed Veggies Fresh Fruit	8 Hot Dogs Fresh Veggies French Fries Fresh Fruit	9
10	11 Macaroni & Cheese Broccoli Fresh Fruit	12 Chicken Quesadilla Corn & Black Beans Fresh Fruit	13 Shepard's Pie Sweet Peas Fresh Fruit	14 Chicken Sandwiches Fresh Veggies Fresh Fruit	15 Pancakes Sausage Yogurt Fresh Fruit	16
17	18 Spaghetti Mixed Veggies Fresh Fruit	19 Tamale Pie Corn & Peppers Fresh Fruit	20 Chicken Jambalaya Yams Fresh Fruit	21 Ham Potatoes Broccoli Fresh Fruit	22 Fish Sticks Tater Tots Carrots Fresh Fruit	23
24	25 Meatballs Buttered Noodles Asparagus Fresh Fruit	26 Turkey Tacos Black Beans Fresh Fruit	27 Tomato Soup Bread Sticks Carrots Fresh Fruit	28 Chicken Tenders Green Beans Fresh Fruit	29 Club Sandwiches Veggie Chips Fresh Fruit	