

October 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Oven Fried Chicken Leg Cornbread Black Eyed Peas Brussels Sprouts Apple Slices Milk</p>	<p>4</p> <p>Chili con Carne Whole Grain Corn Muffin with Butter Sautéed Collard Greens Banana Milk</p>	<p>5</p> <p>Lemon Chicken Wild Rice Green Beans Honey Glazed Carrots Melon Salad Milk</p>	<p>6</p> <p>Breaded Fish Filet Whole Grain Bun Shredded Kale Roasted Pumpkin Cinnamon Baked Apple Milk</p>	<p>7</p> <p>Center Closed For CCDA All Staff</p>
<p>10</p> <p>Center Closed for Indigenous Peoples / Columbus Day</p>	<p>11</p> <p>Shepherd's Pie Whole Grain Roll with Butter Sautéed Spinach Fruit Compote Milk</p>	<p>12</p> <p>Center Closed For Field Trip</p>	<p>13</p> <p>Oven Fried Chicken Legs Whole Grain Corn Muffin with Butter Baby Lima Beans Steamed Butternut Squash Cherry Cobbler Milk</p>	<p>14</p> <p>Macaroni and Cheese Vegetarian Baked Beans Cucumber Creamy Salad Stewed Tomatoes Grapes Milk</p>
<p>17</p> <p>2 Cheese Manicotti Ratatouille Italian seasoned Zucchini Pears Milk</p>	<p>18</p> <p>Beef Pad Thai over Whole Grain Linguini Noodles Broccoli Cantaloupe Milk</p>	<p>19</p> <p>Grilled Pollock Whole Grain Roll with Butter Whole Grain Rice Spinach in Garlic Sauce Cannellini Beans Mandarin Orange Milk</p>	<p>20</p> <p>Steak Rice and Black Beans Whole Grain Tortilla Whole Grain Rice Grilled Zucchini Pico de Gallo Cinnamon Baked Apple Milk</p>	<p>21</p> <p>Chicken Pot Pie Whole Grain Biscuit Steamed Greens Fruit Cocktail Milk</p>
<p>24</p> <p>Swedish Meatballs Whole Grain Rice Whole Wheat Dinner Roll Butter Beets Hash Brown Potatoes Banana Milk</p>	<p>25</p> <p>Chicken and Dumplings Roll with Butter Grilled Butternut Squash Pineapple Milk</p>	<p>26</p> <p>Center Closed For Field Trip</p>	<p>27</p> <p>Chicken Orzo Pasta With Green Peas Sautéed Kale with Garlic Whole Grain Dinner Roll with Margarine Mango Milk</p>	<p>28</p> <p>Minestrone Soup Cheddar Cheese Wedge Whole Grain Ritz Crackers Green Beans Fresh Fruit Salad Milk</p>
<p>31</p> <p>Oven Fried Chicken Leg Cornbread Black Eyed Peas Brussels Sprouts Apple Slices Milk</p>				