




October 2024 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Honey Balsamic Chicken Breast Whole Grain Roll with Butter Grilled Butternut Squash Roasted Rosemary Potatoes Pineapple Milk	2 	3 Chicken Farfalle Pasta With Green Peas Sauteed Kale with Garlic Whole Grain Dinner Roll with Margarine Apple Cobbler Milk	4 Beef Pad Thai Whole Grain Linguini Noodles Broccoli Banana Milk
7 Oven Fried Chicken Legs 3oz Cornbread Whole Grain Cauliflower Brussels Sprouts Apple Slices Milk	8 Meatloaf Mashed Potatoes with Gravy Whole Grain Corn Muffin with Butter Sauteed Collard Greens Banana Milk	9 Turkey Tetrazzini Broccoli Lima Beans Melon Salad Milk	10 Breaded Fish Filet with Tartar Sauce Whole Grain Bun Steamed Kale Roasted Pumpkin Cinnamon Baked Apple Milk	11 Lemon Chicken Wild Rice Whole Grain Roll with Butter Green Beans Zucchini Cherry Cobbler Milk
14 	15 Shepherd's Pie Whole Grain Roll with Butter Sauteed Collard Greens Fruit Compote Milk	16 Spinach, Leek, and Brown Rice Pie Carrots Tropical Fruit Salad Milk	17 Slice Turkey and Gravy Stuffing Whole Grain Roll with Butter Green Beans Pimento Corn Baked apple/Applesauce Milk	18 Whole Grain Spaghetti and Meatballs Zucchini Italian Blend Orange in Wedges Milk
21 Korean Grilled Chicken Bok Choy Asian Cucumber Salad Whole Grain Macaroni Salad Pineapple Milk	22 Chicken Pot Pie Whole Grain Biscuit Steamed Greens Fruit Cocktail Milk	23 	24 Steak Rice and Black Beans Whole Grain Tortilla Cauliflower Pico de Gallo Cinnamon Baked Apple Milk	25 Oven Fried Chicken Legs 3 oz Whole Grain Cornbread Creole Style Black Eyed Peas Green Beans Watermelon Milk
28 Swedish Meatballs Whole Grain Egg Noodles Whole Wheat Dinner Roll Butter Beets Cauliflower Banana Milk	29 Honey Balsamic Chicken Breast Whole Grain Roll with Butter Grilled Butternut Squash Roasted Rosemary Potatoes Pineapple Milk	30 Beef Picadillo Whole Grain Rice Spinach Salad with Creamy Italian Pears Milk	31 