



# October 2020

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
28 <ul style="list-style-type: none"> <li>◆ Chicken Fajitas</li> <li>◆ Flour Tortilla</li> <li>◆ Ranch Beans</li> <li>◆ Hot Sliced Apples</li> <li>◆ 1% Milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Beef Stroganoff &amp; Pasta</li> <li>◆ Cauliflower/Red Peppers</li> <li>◆ Bread Stick</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Omelet/Stewed Tomato</li> <li>◆ Brown Rice</li> <li>◆ Tater Tots</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Minestrone Soup w/ Navy Beans</li> <li>◆ Corn Bread</li> <li>◆ Malibu Blend</li> <li>◆ Cottage Cheese and Mixed Fruit</li> <li>◆ 1% Milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>◆ Red Beef Enchilada</li> <li>◆ Green Bean</li> <li>◆ Mexicorn</li> <li>◆ Chocolate Chip Cookie</li> <li>◆ 1% Milk</li> </ul> 
5 <ul style="list-style-type: none"> <li>◆ Steak Fingers w/White Gravy</li> <li>◆ Red Potatoes</li> <li>◆ Succotash</li> <li>◆ Mandarin Oranges (cupped)</li> <li>◆ 1% Milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour Pork</li> <li>◆ White Rice</li> <li>◆ Oriental Blend</li> <li>◆ Pineapple (cupped)</li> <li>◆ Fortune Cookie</li> <li>◆ 1% Milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Frito Pie (beef, pinto beans, chile, cheese, onions)</li> <li>◆ Fritos</li> <li>◆ Normandy Blend</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Fish Nugget w/Tartar Sauce</li> <li>◆ Brown Rice</li> <li>◆ Black Eyed Peas</li> <li>◆ Vanilla Pudding (cupped)</li> <li>◆ 1% Milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>◆ Chicken and Rice Soup</li> <li>◆ Glazed Carrots</li> <li>◆ Spinach</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Sliced Pears (cupped)</li> <li>◆ 1% Milk</li> </ul> 
12 <ul style="list-style-type: none"> <li>◆ Cottage Pie: Ground Beef, Mashed Potato, Peas &amp; Carrots</li> <li>◆ Corn Bread</li> <li>◆ Apple Crisp</li> <li>◆ 1% Milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Open Faced Turkey Sandwich w/Brown Gravy</li> <li>◆ Yams</li> <li>◆ Green Beans</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Spaghetti Marinara w/ Squash</li> <li>◆ Breadstick</li> <li>◆ Malibu Blend</li> <li>◆ Peaches (cupped)</li> <li>◆ 1% Milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Gravy</li> <li>◆ White Rice</li> <li>◆ Peas</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Jell-O w/Fruit</li> <li>◆ 1% Milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>◆ Green Chile Stew (Chicken &amp; Potatoes)</li> <li>◆ Tortilla</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Granny Smith Apples</li> <li>◆ 1% Milk</li> </ul> 
19 <ul style="list-style-type: none"> <li>◆ Beef Tips over Pasta w/Brown Gravy</li> <li>◆ Brussel Sprouts</li> <li>◆ Stewed Apples w/ Cinnamon &amp; Raisins</li> <li>◆ 1% Milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ Chicken Pot Pie w/5 Way, Pie Crust</li> <li>◆ Diced Beets</li> <li>◆ Peas</li> <li>◆ Mixed Fruit</li> <li>◆ 1% Milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Baked Potato w/ Broccoli, Cheeses &amp; Sour Cream</li> <li>◆ Corn</li> <li>◆ Black Eyed Peas</li> <li>◆ Cottage Cheese w/ Peaches</li> <li>◆ 1% Milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Salmon Chowder w/Diced Potato, Celery &amp; Carrots</li> <li>◆ Orzo Pasta</li> <li>◆ Normandy</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>◆ Pork Carnitas</li> <li>◆ Flour Tortillas</li> <li>◆ Lime Rice</li> <li>◆ Pinto Beans</li> <li>◆ Apple Sauce (cupped)</li> <li>◆ 1% Milk</li> </ul> 
26 <ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger w/Bun</li> <li>◆ Steak Fries w/ Ketchup</li> <li>◆ Baked Beans</li> <li>◆ Chocolate Cake</li> <li>◆ 1% Milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Scalloped Potatoes</li> <li>◆ Corn</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Breadstick</li> <li>◆ Italian Blend</li> <li>◆ Mixed Fruit (cupped)</li> <li>◆ 1% Milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Bean Burrito Smothered in Red Chile w/Cheese</li> <li>◆ Fajita Blend</li> <li>◆ Green Beans</li> <li>◆ Granny Smith Apple</li> <li>◆ 1% Milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Mummy Loaf in Swamp Water (Meatloaf &amp; Gravy)</li> <li>◆ Mashed Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Orange Jell-O w/ Fruite</li> <li>◆ 1% Milk</li> </ul> 