

October

Sunday, October 1:

Breakfast – French toast, bacon

Lunch – Tomato soup, 1/2 grilled cheese, chocolate peanut butter bar

Dinner – Chicken cordon bleu, mashed potatoes, california blend, oatmeal raisin bar

Monday, October 2:

Breakfast – Cereal, toast, 1/2 banana

Lunch – Ham salad sandwich, chips, fresh fruit

Dinner – Pork chops, baked potato, acorn squash, oreo fluff



Tuesday, October 3:

Breakfast – Fried eggs, sausage, toast, english muffin

Lunch – Tuna melt, coleslaw, bread and butter pickle, grape salad

Dinner - Chicken fettuccine alfredo, tossed salad, lemon cake

Wednesday, October 4:

Breakfast – Hash brown egg bake, toast, fruit

Lunch – Cheesy broccoli soup, biscuit, ice cream

Dinner - Taco bake, sour cream, spanish rice, chocolate caramel dessert

Thursday, October 5:

Breakfast – Oatmeal, cinnamon toast, peaches

Lunch – Roast beef, marble rye bread, pasta salad, rice krispie bar

Dinner – Chicken parmesan, au gratin potatoes, sweet and sour green beans, spice cake

Friday, October 6:

Breakfast – Pancakes, bacon, orange wedges

Lunch – Mushroom swiss burger, pickle, chips, ice cream

Dinner – Shrimp, cocktail sauce, french fries, rye bread, cherry pie



Saturday, October 7:

Breakfast – Scrambled eggs, toast, pears

Lunch – Chicken patties, cauliflower broccoli salad, fruit salad

Dinner – Homemade salisbury steak, mashed potatoes, baby carrots, pineapple cake

Sunday, October 8:

Breakfast – French toast bake, bacon

Lunch – Chicken, mashed potatoes, gravy, glazed carrots, peanut butter cookie

Dinner – Pea soup, biscuit, sherbet or ice cream



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Monday, October 9:

Breakfast – Cereal, toast, 1/2 banana
Lunch – Egg salad on croissant, chips, melon
Dinner – Cheesy chicken broccoli casserole, rice, cherry fluff

Tuesday, October 10:

Breakfast – Fried eggs, sausage, toast
Lunch – Ring Bologna, mac & cheese, green beans, fruit cup
Dinner - Lasagna, garlic toast, tossed salad, mounds bar

Wednesday, October 11:

Breakfast – Biscuits and gravy, fruit cup
Lunch – Chicken tortellini soup, crackers, turtle brownies
Dinner - Tater tot casserole, butter, bread, pistachio torte

Thursday, October 12:

Breakfast – Scrambled eggs, toast, peaches
Lunch – Turkey and swiss on rye, cucumber slices, melon
Dinner – BBQ pork ribs, rice pilaf, zucchini, raspberry oatmeal bar

Friday, October 13:

Breakfast – Pancakes, bacon, pears
Lunch – Chef's salad, bread stick, pudding
Dinner – Breaded cod, french fries, coleslaw, tartar sauce, peach pie



Saturday, October 14:

Breakfast – Oatmeal, toast, applesauce
Lunch – Cheeseburger, potato salad, pickle/onion, ice cream bar
Dinner – Meatballs with gravy, mashed potatoes, california blend vegetables, chocolate cake

Sunday, October 15:

Breakfast – French toast bake, bacon, fruit cup
Lunch – Potato ham soup, dinner roll, poppyseed bar
Dinner – Round steak, potato wedges, beets, cookie

Monday, October 16:

Breakfast – Cereal, toast, 1/2 banana
Lunch – Tuna pasta salad, bread stick, brownie
Dinner – Hawaiian pork chops over rice, drumstick torte



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October

Tuesday, October 17:

Breakfast – Fried eggs, ham, toast
Lunch – Brats, sauerkraut, red potatoes, pistachio fluff
Dinner - Delicious chicken casserole, cauliflower, apple crisp

Wednesday, October 18:

Breakfast – Cinnamon roll, sausage, diced pears
Lunch – Cheeseburger soup, biscuit, lemon bar
Dinner - Shepard's pie, biscuit, pumpkin cake



Thursday, October 19:

Breakfast – Scrambled eggs, toast, peaches
Lunch – Ham and cheddar sandwich, cold pasta salad, cantaloupe
Dinner – Spaghetti and meatballs, tossed salad, french bread, german chocolate cake

Friday, October 20:

Breakfast – Pancakes, ham, fruit cup
Lunch – Taco's, refried beans, spanish rice, ice cream bar
Dinner – Seaburger, onion rings, pickle spears, lemon cream pie

Saturday, October 21:

Breakfast – Oatmeal, toast, applesauce
Lunch – BLT sandwich, dorito chips, rice krispie bar
Dinner – Beef roast, au gratin potatoes, broccoli, cream cheese bar

Sunday, October 22:

Breakfast – French toast, bacon, applesauce
Lunch – Chicken tenders, french fries, green bean casserole, brownie
Dinner – Split pea soup, biscuit, ice cream



Monday, October 23:

Breakfast – Cereal, toast, 1/2 banana
Lunch – Ham salad sandwich, tomato slice, pistachio pudding
Dinner – Cheese tortellini w/marinara sauce, tossed salad, dinner roll, drumstick torte

Tuesday, October 24:

Breakfast – Scrambled eggs, mini danish, pears
Lunch – Hot dogs, tater tots, baked beans, apple slices
Dinner - Shredded hot beef, mashed potatoes, california blend vegetables, melon



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October

Wednesday, October 25:

Breakfast – Chocolate chip pancakes, slice of ham
Lunch – Beef pot pies, fruit salad
Dinner - Chicken a la king, rice, peas, chocolate éclair cake

Thursday, October 26:

Breakfast – Waffles, sausage, peaches
Lunch – Ham & cheese pasta, garlic toast, seven layer bar
Dinner – Pork roast, au gratin potatoes, green beans, pineapple chunks

Friday, October 27:

Breakfast – Oatmeal, toast, fruit cup
Lunch – Vegetable beef soup, crackers, cookie
Dinner – Salmon, potato salad, coleslaw, rye bread, lemon cream pie

Saturday, October 28:

Breakfast – Cinnamon rolls, bacon, applesauce
Lunch – Turkey sandwich, three bean salad, brownies
Dinner – BBQ Ribs, mashed potatoes, corn, ice cream

Sunday, October 29:

Breakfast – French toast blueberry bake, bacon
Lunch – Ham, glazed carrots, scalloped potatoes, spice cake
Dinner – Chicken noodle soup, 1/2 cheese sandwich, crackers, ice cream

Monday, October 30:

Breakfast – Cereal, toast, 1/2 banana
Lunch – Crab salad, bread stick, fruit
Dinner – Sweet and sour chicken, rice, peach cobbler

Tuesday, October 31:

Breakfast – Fried eggs, sausage patty, toast
Lunch – Chicken stir fry, rice, fortune cookie
Dinner - Baked ziti, dinner roll, jello cake

