

October 1 - October 29

## What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Beef Meatballs w/ Sauce on a W/G Sub Roll-1 Peas-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
<b>4</b> Grilled Chicken Fillet on a Whole Wheat Bun-1 Broccoli Florets-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	<b>5</b> Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	<b>6</b> All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	<b>7</b> Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Fresh Orange-1 Milk-8 oz.	<b>8</b> Baked Ziti-8 oz. Sliced Cucumber Cup w/ Dip-3/4 c. Applesauce Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.
<b>11</b> All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	<b>12</b> Swedish Meatballs with Gravy-3 oz. Seasoned Diced Potatoes-3/4 c. Fresh Apple-1 Whole Wheat Bread Milk-8 oz.	<b>13</b> Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.	<b>14</b> Chicken Fingers-3 Green Beans-3/4 c. Whole Wheat Bread Fresh Banana-1 Milk-8 oz.	<b>15</b> Pizza  Broccoli Florets-3/4 c. Whole Grain Bread Mixed Fruit Cup-1/2 c. Milk-8 oz.
<b>18</b> Grilled BBQ Chicken Fillet on a Whole Wheat Bun-1 Corn-3/4 c. Fresh Orange-1 Milk-8 oz.	<b>19</b> Baked Ziti-6 oz. Diced Carrots-1 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	<b>20</b> Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Broccoli Florets w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	<b>21</b> W/G Popcorn Chicken-3.8 oz. Vegetarian Beans-3/4 c. Whole Wheat Dinner Roll Diced Peach Cup-1/2 c. Milk-8 oz.	<b>22</b> Pizza  Green Beans-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
<b>25</b> W/G Chicken Nuggets-4 Sliced Carrots-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	<b>26</b> All Beef Hamburger on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	<b>27</b> Chicken Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" Flour Tortilla-2 Fresh Apple-1 Milk-8 oz.	<b>28</b> Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	<b>29</b> Penne Pasta with Meat Sauce-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Mixed Fruit Cup-3/4 c. Whole Wheat Dinner Roll Milk-8 oz.