



# October



Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti parmesan w/tomato sauce served with garden salad. Fresh fruit	2 Turkey soft taco rolls/ w cheese, Spanish rice with bell peppers. Fresh fruit.	3 Chicken Teriyaki with white rice and broccoli. Fresh fruit	4 Ground Beef Spaghetti with zucchini and corn. Fresh fruit	5 Fish sticks w/mashed potatoes and steamed cauliflower/peas. Fresh fruit.
8 Pasta w/ tomato cream sauce with basil and oregano. Fresh fruit	9 Grilled Turkey and cheese sandwich and carrots. Fresh fruit.	10 Chicken and cauliflower with rice. Fresh fruit.	11 Beef Patties on buns with broccoli. Fresh fruit	12 Cheese and tomato homemade pizza with cucumber. Fresh fruit.
15 Grilled Cheese with green beans Fresh Fruit.	16 Turkey meatballs with spaghetti and carrots. Fresh fruit.	17 Chicken Nuggets with mashed potatoes and corn. Fresh fruit.	18 Beef and broccoli with white rice. Fresh fruit.	19 Baked Macaroni and cheese with broccoli. Fresh fruit.
22 Spaghetti parmesan w/tomato sauce served with garden salad. Fresh fruit	23 Turkey soft taco rolls/ w cheese, Spanish rice with bell peppers. Fresh fruit.	24 Chicken Teriyaki with white rice and broccoli. Fresh fruit	25 Ground Beef Spaghetti with zucchini and corn. Fresh fruit	26 Fish sticks w/mashed potatoes and steamed cauliflower/peas. Fresh fruit.
29 Pasta w/ tomato cream sauce with basil and oregano. Fresh fruit	30 Grilled Turkey and cheese sandwich and carrots. Fresh fruit.	31 Chicken and cauliflower with rice. Fresh fruit.		