

Monday, October 1	Tuesday, October 2	Wednesday, October 3	Thursday, October 4	Friday, October 5
Lutheran Social Service	Chicken Nuggets & BBQ Sauce Corn	Roast Beef Mashed Potatoes	Swedish Meatballs Mashed Potatoes & Gravy	Grilled Cheese Sandwich Tomato Soup
	Baked Beans Mandarin Oranges	Broccoli WG Roll/Margarine	Country Blend Veg WG Bread/Margarine	Raw Carrots Sticks & Ranch Peaches
	WG Bread/Margarine Low Fat Milk Plain and Chol	Pears Low Fat Milk Plain and Chol	Apricots & Ice Cream Low Fat Milk Plain and Chol	WG Crackers Low Fat Milk Plain and Chol
NO SCHOOL				
Monday, October 8	Tuesday, October 9	Wednesday, October 10	Thursday, October 11	Friday, October 12
	Chef's Choice for SR. Meal			
Spaghetti w/Meat Sauce	Condogs/Ketchup & Mustard	Meatloaf/Ketchup Brown Sugar Glaze	Oven Crispy Chicken	Meaty Beef Stew
Green Beans	Baked Beans	Whole Red Potatoes	Mashed Potatoes/Gravy	with Carrots & Potatoes
Cinnamon Apples	Celery Sticks & ranch	Creamed Corn	Carrots	Cole Slaw
WG Bread Sticks/Margarine	WG Bread/Margarine	WG Bread/Margarine	WG Roll/Margarine	WG Roll/Biscuit/Margarine
Pudding	Pears	Mandarin Oranges	Chefs Choice Fruit	Cheery Cheesecake & Fresh Apple
Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol
Monday, October 15	Tuesday, October 16	Wednesday, October 17	Thursday, October 18	Friday, October 19
Swiss Steak	BBQ Pork on WG Bun	Lasagna	Chicken Fried Steak/Gravy	Pork Loaf/Gravy
Mashed Potatoes	Baked Beans	California Blend Veg.	Mashed Potatoes	Whole Red Potatoes
Peas & Carrots	Romaine & Spinch Tossed Salad/Drsg	Spiced Pears	Broccoli	Buttered Cabbage
WG Bun/Margarine	Fresh Orange	WG Garlic Bread stick	WG Roll/Margarine	WG Roll/Margarine
Pineapple	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Chef Choice Dessert	Apple Sauce
Low Fat Milk Plain and Chol			Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol
Monday, October 22	Tuesday, October 23	Wednesday, October 24	Thursday, October 25	Friday, October 26
Chicken breast & gravy	Chili	Meatballs/Gravy	Beef Hot Dog on a WG Bun	Pasta Bar
Rice Pilaf	Romaine & Spinch Tossed Salad/Drsg	Baby Red Buttered Potatoes	Baked Potato Chips	Chicken Breast
Carrots	Corn Bread & Butter Cream	Squash	Cole Slaw	Red Sauce or Alfredo Sauce
Chef Choice Fruit	WG Crackers	WG Bread/Margarine	Baby Carrots & Ranch	Romaine & Spinch Tossed Salad/Drsg
WG Bread/Margarine	Pears	Plums with Sauce	Baked Beans	WG Garlic Bread Sticks
Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Rosy Applesauce	Fresh Strawberries & Ice Cream Cup
			Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol
Monday, October 29	Tuesday, October 30	Wednesday October 31		
Sloppy Joe-WG Bun	Beef Nachos & WG Chips	Turkey & Cheese WG Sub Bun		
Potato Salad	Romine Mix Shred. Lettuce, Diced onion, tomatoes, Sour Cream Pkt.	Romine Mix Shred. Lettuce, Mayo Pkt.		
Corn	Black Bean Salas & Shrd. Cheese	Bag of WG Chips		
Chef Choice Fruit	Refried Beans	Baked Beans		
Cookie	Applesauce	Tomato Cucumber Salad		
Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol		
<p>Fruits and vegetables offered daily. 1 cup low fat milk served with each meal. This institution is prohibited from discrimination on base of race, color, sex, age or disability.</p>				
<p>All Meals are Subject to change This Menu is Designed for Senior Nutrition, Voyagers & TrekNorth School Written/ Approved by Jana Larson, CDM, CFP & Shaye Thompson</p>				