

| 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> | | | | |