


10/2/2017	Tuesday 10/03/2017	Wednesday 10/04/2017	Thursday 10/05/2017	Friday 10/06/2017
<b>Roast Pork w/ gravy 3 oz</b> Stuffing 1/2 cup Kale 3/4 cup WW Roll (2 servings) Apple Crisp 3/4 cup  <b>Milk 8oz</b>	<b>Chicken Tenders 3 oz</b> Brown Rice w Gravy 1/2 cup Chef Blend Veggies 3/4 cup Buttered Lima Beans 1/2 cup Strawberry Treat 3/4 cup  WW Roll (2 servings) <b>Milk 8oz</b>	<b>Beefy Macaroni 8oz</b> Cheesy Cauliflower 3/4 cup Whole Banana WW Italian Bread (2 servings)  <b>Milk 8oz</b>	<b>Tuna Salad 4oz</b> Pasta Salad 1/2 cup Romaine Lettuce 1 cup Tomato Wedges (3) WW Crackers 6 pkgs  Tropical Fruit 3/4 cup  <b>Milk 8oz</b>	<b>Hamburger Steak (3 oz.)</b> with gravy Creamy Mashed Potatoes 1/2 c. Seasoned Green Beans 1/2 cup WW Roll (2 servings)  Apple Juice 6 oz. <b>Milk 8 oz.</b> <b>In-Center Prepared</b>
Monday 10/09/2017	Tuesday 10/10/2017	Wednesday 10/11/2017	Thursday 10/12/2017	Friday 10/13/2017
<b>SITES CLOSED</b> <b>COLUMBUS DAY</b> (observed)  	<b>Roast Turkey 3 oz. &amp; Gravy</b> Creamy Mashed Potatoes 1/2 cup Green Beans 3/4 cup WW Roll (2 servings) Peach Crisp 3/4 cup  <b>Milk 8 oz</b>	<b>Grilled Cheeseburger 4oz</b> on WW Bun Winter Blend Veggies 3/4 cup BBQ Baked Beans 1/2 cup Apple Juice 6 oz  <b>Milk 8oz</b>	<b>Chicken Cordon Bleu 5oz</b> Seasoned Rice Pilaf 1/2 cup Buttered Corn 1/2 cup Chef's Blend 3/4 cup Whole Banana WW Roll (2 servings)  <b>Milk 8oz</b>	<b>Beef Stew 10 oz.</b> w/ Potatoes, Carrots, Celery & Corn Seasoned Green Beans 1/2 cup Biscuit (2 servings)  <b>Milk 8 oz.</b> <b>In-Center Prepared</b>
Monday 10/16/2017	Tuesday 10/17/2017	Wednesday 10/18/2017	Thursday 10/19/2017	Friday 10/20/2017
<b>Beef and Chinese Veg 8oz</b> Steamed Brown Rice 1/2 cup Glazed Pears 3/4 cup WW Roll Orange Juice 4oz  <b>Milk 8oz</b>	<b>Chicken Caesar Salad</b> Romaine Lettuce 1 cup Salad Dressing 1 Pkt Beets 3/4 cup WW Italian Bread Pineapple 3/4 cup  <b>Milk 8oz</b>	<b>Oven Fried Rockfish 4oz</b> Potato wedges 1/2 cup Stewed Tomatoes 3/4 cup Southern Cornbread Tartar Sauce Whole Banana  <b>Milk 8oz</b>	<b>Pineapple Glazed Ham 4oz</b> Sweet Potatoes 3/4 cup Seasoned Green Beans 3/4 cup WW Roll Apple Crisp 3/4 cup  <b>Milk 8oz</b>	<b>Chicken Salad on WW Bun</b> 3 oz. Seasoned Peas 1/2 cup Red-Skinned Potato Salad 1/2c Banana  <b>Milk 8 oz.</b> In-Center Prepared
Monday 10/23/2017	Tuesday 10/24/2017	Wednesday 10/25/2017	Thursday 10/26/2017	Friday 10/27/2017
<b>Meatloaf &amp; Gravy 4oz</b> Creamy Mashed Potatoes 1/2 cup Buttered Lima Beans 1/2 cup Green Beans 3/4 cup Orange Juice 6oz  <b>Milk 8oz</b>	<b>Chicken Salad 4oz</b> Pasta Salad 1/2 cup Romaine Lettuce 1 cup Tomato Wedges 3 WW Crackers 6 pkgs Tropical Fruit 3/4 cup  <b>Milk 8oz</b>	<b>Hearty Beef Stew 10oz</b> w/Pot, Carrots & Celery Biscuit Southern Collard Greens 3/4 cup Peach Crisp 3/4 cup  <b>Milk 8oz</b>	<b>Turkey &amp; Swiss Sandwich</b> WW Bun Home Style Cole Slaw 1/2 cup Baked Chips 1oz Vegetable Bean Soup 1 cup  <b>Milk 8oz</b>	<b>Beef Frank on WW Bun 3 oz.</b> Pork-n-Beans 1/2 cup Steamed Spinach 1/2 cup Applesauce 1/2 cup  <b>Milk 8 oz.</b> <b>In-Center Prepared</b>
Monday 10/30/2017	Tuesday 10/31/2017			
<b>Roast Pork w/ gravy 3 oz</b> Herb Stuffing 1/2 cup 1/2 cup Seasoned Kale 3/4 cup WW Roll (2 servings) Apple Crisp 3/4 cup  <b>Milk 8oz</b>	<b>Orange Chicken 4oz</b> Brown Rice 1/2 cup Prince William Blend 3/4 cup WW Roll (2 servings) Glazed Pears 3/4 cup  <b>Milk 8oz</b>	<b>Water available all day.</b> <b>Additional bread is made</b> <b>available upon request.</b>		