October 2024

Monday Tuesday Wednesday Thursday Friday

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1st Meatballs w/ Marinara Broccoli Roasted Cauliflower WGR Pasta Fruit  | 2nd Frittata w/ Veggies WGR Biscuit Roasted Mixed VeggiesFruit  | 3rd Cheeseburger WGR Bun L/TGreen Beans Fruit  | 4th Chicken Salad WGR Bread Blanched Carrots Broccoli Salad Fruit  |
| 7th Teriyaki Chicken Broccoli Snow Peas Brown Rice Fruit  | 8th Meat sauce w/ Marinara Roasted Mixed Veggies WGR Pasta Garden saladFruit | 9th Baked Chicken w/ Gravy Mashed Potatoes Peas and Carrots WGR Roll Fruit  | 10th Beef Burrito w/ WGR Tortillas Roasted Mexican Corn Peppers and Onions Fruit | 11th Cook’s Choice  |
| 14th MOW Closed  | 15th Chicken Fajitas Peppers and Onions Black Beans Brown Rice Fruit  | 16th Meatballs w/ Marinara Peas and Carrots Roasted Mixed Veggies WGR Sub Roll Fruit  | 17th Turkey and Cheese WGR WrapSliced Tomatoes Coleslaw Fruit  | 18th Chicken Parmesan Broccoli Roasted CauliflowerWGR Pasta Fruit  |
| 21st Chicken and cheese Quesadillas Roasted Mexican CornMixed Veggies Fruit  | 22nd Cheeseburger WGR Bun L/TRoasted Potatoes Fruit  | 23rd Turkey Stroganoff WGR Pasta Broccoli Green Peas Fruit  | 24th Baked Chicken w/ Gravy Mashed Potatoes Roasted Mixed Veggies WGR Roll Fruit  | 25th Cook’s Choice  |
| 28th Beef Tacos WGR Tortillas Refried Beans Peppers and Onions Fruit  | 29th Chicken Patty Sandwich WGR Bun L/TRoasted Sweet Potatoes Fruit  | 30th Salisbury Steak Mashed Cauliflower Roasted Mixed Veggies WGR Roll Fruit  | 31st Tuna Salad WGR Bread Sliced Tomatoes Blanched Carrots Fruit  |  |

\*1% Milk is served daily. The menu is subject to change.

Approved by: Jessica Long, RDN, LDN 9/16/2024 #DT:86147917