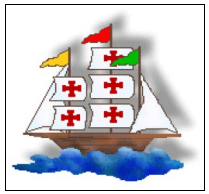
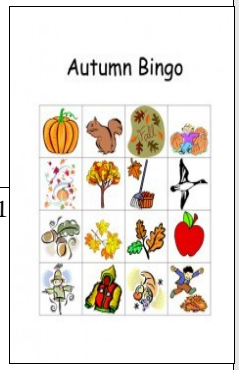
October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Eat Breakfast. There's no better way to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toaster waffle with low- fat yogurt and fruit. Find more quick breakfast ideas at www..eatright.org/nutritiontipshheets.				1 BBQ Pork Platter, Black Beans, Confetti Coleslaw, Fruit Cobbler, Cornbread, Roll, Milk	2 Beef Piccata w/ gravy, Fresh Mashed Potatoes w/gravy, Greens, Assorted Cake, Milk, Roll	3
4	5 Italian Style Pork Chop, Pinto Beans, Broccoli w/cheese, Oatmeal cookie, Roll, Milk	6 Salisbury Steak, Mashed Potatoes w/ gravy. Sweet & Sour Cabbage , Fruit Cobbler, Roll, Milk	7 Spaghetti Noodles, Italian Meat Sauce, Caesar Salad w/ dressing, Rosy Pears, Roll, Milk	8Turkey Croquette, Parmesan Potatoes, Fresh Seasoned Carrots, Bread Pudding, Roll, Milk	9 Chicken Florentine, Bread Dressing, Cauliflower & Red Peppers, Fruit Trifle, Roll, Milk	10
11 	12 Meat Lasagna, Tossed Salad, Sliced Peaches, Roll, Milk	13 BBQ Chicken, Macaroni & Cheese, Corn O'Brien, Peanut Butter Cookie, Berry Cup, Roll, Milk	14 Beef Tips w/gravy, Rice, Broccoli w/ cheese, Tropical Fruit Salad, Roll, Milk	15 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Strawberries w/ topping, Roll, Milk	16 Honey Glazed Turkey, Whipped Sweet Potatoes, Squash medley, Chocolate Brownie, Roll, Milk	17
18	19 Beef Stroganoff, Parsley Noodles, Seasoned Carrots coins, Sliced Peaches/Pound cake, Roll, Milk	20 Veggie Lasagna, Caesar Salad w/ dressing, Fresh Fruit, Roll, Milk	21 Meatloaf, Pasta w/ vegetables, Calico Coleslaw , Berry Cup Rice Crunchy Treat, Roll, Milk	22 Chicken Roasted, Mashed Potatoes w/ gravy, Cheesy Spinach, Tropical Fruit Salad, Roll, Milk	23 Dixie Pork Roast, Bread Dressing, Cauliflower and Peas, Fruit Crisp, Roll, Milk	24 
25	26 Lemon Pepper chicken w/gravy, Parmesan Potatoes, Brussels Sprouts, Berry Cup/ Chocolate Chip Cookie, Milk, Roll	27 Herbed Turkey, Yam Patties, Green Beans, Fresh Fruit, Cookie, Roll, Milk	28 Beef Ranch Casserole, Rice pilaf, Vegetable Medley, Oatmeal cookie, Roll, Milk	29 Hungarian Pork Cutlet w/gravy, Scalloped Potatoes, Fresh Baby Carrots, Fruit Cobbler, Milk, Roll	30 Oven Fried Chicken w/gravy, Macaroni & Cheese,, Stewed Tomatoes, Brownie, Milk, Roll	31