

Thursday, October 1st

- Beef Meatloaf
- Mashed Potatoes
- Whole Grain Dinner Roll
- Fruit

Friday, October 2nd

- Chicken Pesto
- Carrots
- Broccoli Slaw
- Whole Grain Pasta

Monday, October 5th

- Pepper Steak
- Bok Choy
- Green Beans & Mushroom Stir-Fry
- Whole Grain Roll

Tuesday, October 6th

- Chicken Tinga
- Roasted Corn
- Cantaloupe
- Brown Rice

Wednesday, October 7th

- White Fish w/ Lemon
- Carrots
- Herbed Lentils
- Quinoa

Thursday, October 8th

- Chile Verde Chicken
- Yellow Squash
- Cabbage Slaw
- Banana

Friday, October 9th

- Beef w/ Onions & Tomatoes
- Steamed Kale
- Roasted Potato
- Whole Grain Roll

Monday, October 12th

- Turkey Picadillo
- Pinto Beans
- Yellow Squash
- Orange

Tuesday, October 13th

- Blackened Creole Fish
- Green Peas
- Coleslaw
- Quinoa

Wednesday, October 14th

- Turkey Meatballs
- Sauteed Spinach
- Whole Grain Pasta
- Fruit

Thursday, October 15th

- Mediterranean Lentils
- Broccoli
- Carrots
- Whole Grain Pita Bread

Friday, October 16th

- Cantonese BBQ
- Sauteed Water Chestnuts
- Garlic Bok Choy
- Lo Mein

Monday, October 19th

- Roasted Glazed Chicken
- Herbed Carrots
- Cabbage Slaw
- Brown Rice

Tuesday, October 20th

- Beef Stir-Fry
- Broccoli
- Lo Mein
- Fruit

Wednesday, October 21st

- Baked Chicken
- Red Beans
- Baked Yams
- Dinner Roll

Thursday, October 22nd

- Fish Almandine
- Herbed Spinach
- Corn
- Vegetable Soup

Friday, October 23rd

- Harissa Chickpeas
- Roasted Eggplant
- Honeydew Melon
- Whole Grain Pita

Monday, October 26th

- Beef Fajitas
- Corn
- Green Beans
- Whole Grain Tortilla

Tuesday, October 27th

- Chicken Chile Verde
- Pinto Beans
- Garlic Zucchini
- Spanish Brown Rice

Wednesday, October 28th

- Fish Picatta
- Sauteed Bell Peppers
- Coleslaw
- Quinoa

Thursday, October 29th

- Beef Stew
- Garlic Kale
- Honeydew Melon
- Brown Rice

Friday, October 30th

- Sweet & Tangy Meatballs
- Black Eyed Peas
- Coleslaw
- Whole Grain Roll

• Menu subject to change
• \$3 suggested donation

