


OCTOBER
2017



<p><u>OCTOBER</u> <u>2017</u></p> 						
<p><u>Recommended Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><u>MONDAY</u> 2 Cheeseburger Lettuce, tomato, onion French Fries Carrot Raisin Salad Applesauce Milk FLU SHOTS 1:00 – 3:00 P.M</p>	<p><u>TUESDAY</u> 3 White Bean Chicken Chili Tossed Salad Cornbread Mandarin Oranges Cookie Milk</p>	<p><u>WEDNESDAY</u> 4 Spaghetti/meat sauce Italian Vegetables Garlic Bread Mixed Fruit Milk</p>	<p><u>THURSDAY</u> 5 Beef Stroganoff Noodles Steamed Carrots Wheat Roll Apricots Milk</p>	<p><u>FRIDAY</u> 6 Beef Fajita Steamed Rice Broccoli Pineapple Tidbits Milk</p>	<p><u>SATURDAY</u> 7</p>
<p>Birthdays 09 Dale H. 16 Pam Paulson</p>	<p><u>MONDAY</u> 9 Baked Pork Chop Baked Potato Squash Blend Wheat Roll Cherries Milk</p>	<p><u>TUESDAY</u> 10 Meatloaf Oven Potatoes Spinach Wheat Bread Strawberry Shortcake Milk</p>	<p><u>WEDNESDAY</u> 11 Sweet/Sour Chicken Steamed Rice Stir Fry Vegetable Egg Roll Citrus Fruit Milk</p>	<p><u>THURSDAY</u> 12 Salmon Patty O'Brien Potatoes Brussels Sprouts Wheat Roll Blueberry Buckle Milk</p>	<p><u>FRIDAY</u> 13 Broccoli/Cheese Soup Turkey Sandwich Lettuce, tomato, pickle Peaches Milk</p>	<p><u>SATURDAY</u> 14</p>
<p>Bingo 3rd & 17th Health checks 17th Flu shots Oct 2nd. 1:00- 3:00 EVENING MEAL OCT 20th. 5:00</p>	<p><u>MONDAY</u> 16 Hamb. Steak/onion Mashed Potatoes Beets Wheat Bread Fruit Cocktail Milk</p>	<p><u>TUESDAY</u> 17 Chicken a la King Biscuits Spinach Purple Plums Pudding Milk</p>	<p><u>WEDNESDAY</u> 18 Porcupine Meatballs Mixed Vegetables Wheat Roll Pears Brownie Milk</p>	<p><u>THURSDAY</u> 19 BBQ Pork Riblet Potato Wedges Green Beans Wheat Bread Cinnamon Apples Milk</p>	<p><u>FRIDAY</u> 20 Roast Beef Mash. Pot./Gravy Wheat Roll Peas & Carrots Strawberries Milk Evening meal</p>	<p><u>SATURDAY</u> 21</p>
	<p><u>MONDAY</u> 23 Beef Tacos Lettuce, tomato, cheese Refried Beans Corn Pineapple Tidbits Milk</p>	<p><u>TUESDAY</u> 24 Pork Roast Sweet Potato Cauliflower Wheat Bread Applesauce Milk</p>	<p><u>WEDNESDAY</u> 25 Oven Chicken Mash. Pot./gravy Asparagus Wheat Roll Mandarin Oranges Milk</p>	<p><u>THURSDAY</u> 26 Chili Cheese/onion Tossed Salad Citrus Fruit Cinnamon Roll Milk</p>	<p><u>FRIDAY</u> 27 Crab Cake Macaroni/cheese Mixed Vegetables Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p><u>SATURDAY</u> 28</p>
	<p><u>MONDAY</u> 30 Chicken Strips French Fries Beets Wheat Roll Cherries Milk</p>	<p><u>TUESDAY</u> 31 Ham & Beans Cole Slaw Cornbread Peaches Milk</p>				