



October Menu - Food Runners Collaborative

Monday	Tuesday	Wednesday	Thursday	Friday
9/30 & 10/28	10/1 & 10/29	10/2 & 10/30	10/3 & 10/31	10/4 & 11/1
BBQ Beef Meatloaf; California Blend Veggies; Sweet Potatoes; Wheat Bread; Cranberry Juice	Smoked Beef Sausage w/ Bun & Mustard; Kidney Beans; Broccoli & Carrots; Fresh Fruit; Coleslaw	Chicken Curry w/ Vegetables & Rice Pilaf; Orange; Pita Bread	Chicken & Beef Sausage Brunswick Stew; Carrots; Brown Rice; Apple; Orange Juice; Wheat Roll	Chicken Parmesan w/ Capri Vegetables; Noodles w/ Parsley; Wheat Bread; Banana; Apple Juice
10/7	10/8	10/9	10/10	10/11
BBQ Pork Riblet w/ Bun; Yellow Squash; BBQ Beans; Orange	Southwest Chicken Breast; Green Beans; Mashed Potatoes; Apple Juice; Sourdough; Banana	Beef & Broccoli w/ Rice; Sugar Snap Peas; Bread; Apple; Fortune Cookie	Rotisserie Chicken; Brussels Sprouts; Potatoes w/ Sour Cream; Wheat Bread; Banana; Pudding	Beef Ravioli; Carrots w/ Dill; Broccoli & Cauliflower; Orange Juice; Fresh Fruit; Wheat
10/14	10/15	10/16	10/17	10/18
Beef Stroganoff; California Blend Veggies; Peas & Onions; Wheat Roll; Fresh Fruit	Chicken Leg; Sweet Potatoes; Broccoli & Cauliflower; Orange Juice; Sourdough; Banana	BBQ Pork w/ Bun & Slaw; Lima Beans; Scalloped Potatoes; Fresh Fruit	Spaghetti w/ Ground Beef & Marinara; Carrots; Cherry Cobbler; Cranberry Juice; Orange; Italian	Chicken Pot Pie; Cauliflower w/ Peppers; Field Peas; Wheat Bread; Orange Juice; Apple
10/21	10/22	10/23	10/24	10/25
Beef Chili w/Capri Vegetables; Corn; Fresh Fruit; Wheat Roll; Pudding	Chicken Cordon Bleu w/ Brown Rice; Turnip Greens; Sourdough; Orange	Beef Hamburger w/ Bun, Lettuce, Tomato & Mustard; BBQ Beans; Carrot w/Dill; Fresh Fruit	Chicken Leg or Thigh; Spinach Au Gratin; Sweet Potatoes; Wheat Roll; Banana; Cranberry Juice	Peppered Swiss Steak w/ Mashed Potatoes; Green Beans; Sourdough; Orange; Grape Juice

ALL MEALS ARE SERVED WITH 2% MILK