

Monday

Tuesday

Wednesday

Thursday

Friday



October

Chicken Penne Alfredo
Focaccia Bread Stick
Caesar Salad
Tropical Fruit Salad
Milk or Water

1

Macaroni & Cheese
Tossed Salad
Celery Sticks
Peach Quarters
Milk or Water

4

Honey Garlic Meatballs
Whole Grain Chinese Rice
Carrot Sticks
Mandarin Oranges
Milk or Water

5

Lasagna Bake
Garlic Naan Bread
Mixed Veggies
Diced Pears
Milk or Water

6

Cheese Pizza
Fiesta Pasta Salad
Sliced Cucumbers
Pineapple Tidbits
Milk or Water

7

Chicken Quesadilla
Roasted Herb Potatoes
Corn
Fruit Salad
Milk or Water

8



Chicken Penne Alfredo
Focaccia Bread Stick
Mixed Veggies
Tropical Fruit Salad
Milk or Water

12

Beef Taco
Whole Grain Mexican Rice
Celery Sticks
Mandarin Oranges
Milk or Water

13

White Cheddar Mac & Cheese
Garlic Naan Bread
Carrot Sticks
Cantaloupe
Milk or Water

14

Cheese Pizza
Caesar Salad
Sliced Cucumbers
Peach Quarters
Milk or Water

15

Beef Burger
Lettuce & Tomato
Celery Sticks
Pineapple Tidbits
Milk or Water

18

Chicken Fajita
Whole Grain Rice
Sliced Cucumbers
Apple Sauce
Milk or Water

19

Meatball Sub
Caesar Salad
Corn
Fruit Salad
Milk or Water

20

Waffles
Breakfast Turkey Patty
Raisins
Orange Wedges
Milk or Water

21

Lasagna Bake
Garlic Naan Bread
Carrot Sticks
Diced Pears
Milk or Water

22

Cheese Pizza
Caesar Salad
Sliced Cucumbers
Peach Quarters
Milk or Water

25

Honey Garlic Meatballs
Whole Grain Chinese Rice
Celery Sticks
Honeydew Melon
Milk or Water

26

Beef Burger
Creamy Pasta Salad
Carrot Coins
Mandarin Oranges
Milk or Water

27

Macaroni & Cheese
Focaccia Bread Stick
Tossed Salad
Tropical Fruit Salad
Milk or Water

28

Beef Taco
Roasted Herb Potatoes
Carrot Sticks
Pineapple Tidbits
Milk or Water

29

October 2021

Bishop Abraham