



# October 2021 Lite



Monday	Tuesday	Wednesday	Thursday	Friday
		8oz carton of 2% milk served with lunch 		1 Garden Salad Carrot Sticks & Hummus Plum/Pudding Whole Wheat Crackers
4 Ham & Pickle Salad Potato Salad Sliced Peaches/Jello W. Grain Bread x2	5 Turkey & Cheese Coleslaw/Plum W. Grain Bread x2 Rice Pudding	6 Pork & Relish Sandwich Amish Macaroni Salad Pineapple Tidbits Whole Wheat Bun/Cookies	7 Taco Salad Corn Chips Mandarin Oranges Granola Bar/Yogurt	8 Tuna Salad Cucumber Salad Pear/Pudding W. Grain Bread x2
11 Chicken Salad/Cookies Carrot Raisin Salad Apple/W.W. Roll	12 Ham & Swiss Broccoli Salad Banana/Juice W. Grain Bread	13 Chef Salad Pasta Salad Mango/Yogurt Juice	14 Turkey Salad Vegetable Salad Tropical Fruit/Jello W. Grain Bread x2	15 Garden Salad Carrot Sticks & Hummus Diced Pears/Juice Whole Wheat Crackers
18 Roast Beef & Cheddar Cucumber & Tomato Salad Pineapple Tidbits/Yogurt W. Grain Bread x2	19 Salami & Mozzarella Broccoli-Carrot Salad Banana/Jello W. Grain Bread x2	20 Cran-Apple Chicken Salad Pea Salad/Plum Rice Pudding Whole Grain Roll	21 Cobb Salad Red Beets Fruit Cocktail Cookies/Juice	22 Egg Salad Carrot Salad Apple/Granola Bar W. Grain Bread x2
25 Minced Ham Salad Coleslaw Sliced Peaches Yogurt/W.Grain Bread x2	26 Grilled Chicken Sandwich Potato Salad Banana/Graham Crackers Whole Grain Roll	27 BLT Wrap Cottage Cheese & Fruit Pear/Yogurt Juice	28 Chicken & Cheese Quesadilla Corn & Bleak Bean Mix Orange/Pudding Goldfish Crackers	29 Spinach Salad Chickpea Salad Mango/Milk Whole Grain Roll