

October 2021 Regular



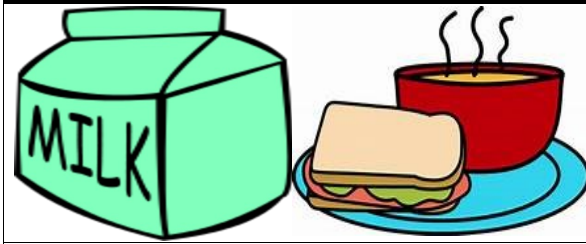
Monday

Tuesday

Wednesday

Thursday

Friday



<p>4 Turkey Burger w/Cheddar Cheese/Baked Beans Carrots/Orange W.W. Bun</p>	<p>5 Stuffed Pepper Casserole Cauliflower/Italian Beans Diced Pears W. Grain Bread</p>	<p>6 Chicken Breast W/Gravy Mashed Potatoes Peas & Carrots Apple</p>	<p>7 BBQ Pulled Pork Snap Peas/Zucchini Sliced Peaches Whole Grain Roll</p>	<p>1 Tuna Noodle Casserole Spinach/Yellow Squash Pineapple Tidbits</p> <p>8 Baked Ziti Italian veg Blend Broccoli Banana</p>
<p>11 Meatloaf Mashed Cauliflower/Cali Blend Veg Fruit Cocktail/ W. Grain Bread</p>	<p>12 Honey Mustard Chicken Oregon Vegetable Medley Red Beets/Plum W. Wheat Dinner Roll</p>	<p>13 Rosemary Garlic Pork Loin/Brussel Sprouts Yellow Squash/Oranges W. Grain Bread</p>	<p>14 Chicken Piccata Brown Rice Pilaf Italian Beans/Nectarine</p>	<p>15 Italian Fish over Orzo Sliced Carrots Zucchini/Apple</p>
<p>18 Baked Ham/Green Beans Mashed Sweet Potatoes Pears/W. Wheat Roll</p>	<p>19 Cilantro Lime Chicken Spanish Rice Stewed Tomatoes Sliced Peaches</p>	<p>20 Spaghetti & Meatballs Spinach/Yellow Squash Diced Mango W.W. Roll</p>	<p>21 Turkey Pot Pie Carrots Cauliflower Banana</p>	<p>22 Cheese Omelet Sliced Potatoes Snap Peas/Tropical Fruits W. Grain Bread</p>
<p>25 Chicken Tenders/Red Beets Green Peas/Apple W. Grain Bread</p>	<p>26 Turkey Tetrzzini Zucchini/Broccoli Pineapple Tidbits</p>	<p>27 Chicken Cacciatore Italian Veg Blend Oregon Veg Medley Tangerine/W.W. Roll</p>	<p>28 Roast Beef W/Gravy Mashed Potatoes Mixed Vegetables Diced Pears/W. Grain Bread</p>	<p>29 Teriyaki Cod over Brown Rice Red Cabbage/Oranges Oriental Vegetables</p>