







<p>Menus are Subject to Change 1% and Skim Milk Served Daily</p> <p>4 Shepards Pie Winter Squash Pears w/ Blueberries Apple Juice Whole Grain Dinner Roll</p> <p>11 OFA Closed</p> 	<p>5 Chicken & WG Biscuit Carrots Four Bean Salad Fruit Cocktail</p> <p>12 Macaroni & Cheese Zucchini & Tomatoes Pineapple Tidbits Low Sodium V8 Juice Whole Grain Spice Muffin</p>	<p>6 Pepper Steak Brown Rice Vegetable Blend Broccoli Salad Peaches 12 Grain Bread</p> <p>13 Ham & Bean Casserole Over Brown Rice Brussel Sprouts Fruit Cocktail Whole Grain Dinner Roll</p>	<p>7 Stuffed Shells Spinach Tossed Salad w/ Dressing Fresh Orange Whole Grain Garlic Roll</p> <p>14 Chicken w/ Herb Gravy Mashed Potatoes Mixed Vegetables Carrifruit Salad 12 Grain Bread</p>	<p>1 Kielbasa on WG Bun German Potato Salad Broccoli Fruit Fluff Blueberry Coffee Cake</p> <p>8 Meatloaf w/ Gravy Baked Potato w/ Sour Cream Mixed Vegetables Strawberries w/ Whipped Topping 12 Grain Bread</p> <p>15 Goulash Waxed Beans Molded Green Salad Mandarin Oranges Whole Grain Apple Muffin</p>
<p>18 Roast Pork w/ Gravy Stuffing Green Beans Cinnamon Applesauce Cranberry Juice 12 Grain Bread</p>	<p>19 Parmesan Fish Confetti Rice Pickled Beets Peach Apple Salad Mandarin Oranges Whole Grain Pumpkin Muffin</p>	<p>20 Sloppy Joe on WG Bun Potatoes O' Brien Broccoli Calico Salad Grape Juice</p>	<p>21 Turkey Ala King Carrots Sunshine Salad Peaches Whole Grain Biscuit</p>	<p>22 Scalloped Potatoes & Ham Vegetable Blend Mixed Berries w/Whipped Topping Whole Grain Dinner Roll</p>
<p>25 Baked Ziti Italian Mixed Vegetables Pineapple Tidbits Low Sodium V8 Juice Whole Grain Garlic Roll</p>	<p>26 Hot Roast Beef w/ Gravy Mashed Potatoes Winter Squash Baked Apples w/ Cinnamon 12 Grain Bread</p>	<p>27 Italian Chicken Rice Pilaf Beets Fruit Ambrosia Pineapple Tidbits Whole Grain Mixed Berry Muffin</p>	<p>28 Spanish Rice Vegetable Blend Cottage Cheese Vegetable Salad Pears w/ Blueberries Whole Grain Dinner Roll</p>	<p>29 Slaughter Steak w/ Gravy <i>Boo Potato w/ Sour Cream</i> <i>Spooky Peas& Carrots</i> <i>Candy Corn Fruit Cup</i> <i>12 Grain Bread</i> <i>Pumpkin Patch</i> <i>Brownie</i></p>  <p>Happy Halloween</p>

<p>1 Chicken Ala King Sweet Peas Low Sodium V8 Juice Fruit Cocktail Whole Grain Biscuit</p>	<p>2 Parmesan Crusted Fish Black Beans & Rice Spinach Peach Crisp 12 Grain Bread</p>	<p>3 Roast Pork w/ Sauerkraut Parsley Potatoes Green Beans Sunshine Salad Whole Grain Apple Muffin</p>	<p>4 Spinach Cheese Bake Vegetable Blend Chick Pea Salad Mixed Berries Whole Grain Dinner Roll</p>	<p>5 Spaghetti w/ Meatsauce Waxed Beans Tossed Salad w/ dressing Fruit Ambrosia Whole Grain Garlic Dinner Roll Glazed Pumpkin Bar</p>
<p>8 Stuffed Shells Brussel Sprouts Pineapple Tidbits Cranberry Juice Whole Grain Dinner Roll</p>	<p>9 Brunswick Stew Beets Four Bean Salad Applesauce Whole Grain Dinner Roll</p>	<p>10 Hawaiian Ham Yams Spinach Lime Dessert Salad 12 Grain Bread</p>	<p>11 OFA CLOSED</p> 	<p>12 Chili Con Carne Tossed Salad w/Dressing Banana Apple Juice Corn muffin</p>
<p>15 Apricot Pork Tenderloin Mashed Potatoes Parsley Buttered Carrots Applesauce w/ Cinnamon 12 Grain Bread</p>	<p>16 Sloppy Joe on WG Bun Potatoes O'Brien Mixed Vegetables Peach Apple Salad</p>	<p>17 Vegetable Lasagna Succotash Carrifruit Salad Peaches w/ Raspberries Whole Grain Dinner Roll</p>	<p>18 Holiday Meal Roast Turkey w/ Stuffing and Gravy Mashed Potatoes Peas & Carrots Rosy Apple Relish Whole Grain Dinner Roll Pumpkin Pie w/ Topping</p> 	<p>19 Oriental Chicken Over Noodles Vegetable Blend Pineapple Tidbits Apple Crisp Whole Grain Dinner Roll</p>
<p>22 Fish Kiev Rice Pilaf Peas and Pearl Onions Pickled Beet Mandarin Oranges Whole Grain Apple Muffin</p>	<p>23 Chicken Parmesan WG Rotini w/ Marinara sauce Broccoli Molded Green Salad 12 Grain Bread</p>	<p>24 Shephards Pie Carrots Strawberries w/ Whipped Topping Whole Grain Dinner Roll</p>	<p>25 OFA CLOSED</p> 	<p>26 OFA CLOSED</p> 
<p>29 Meatloaf w/ Gravy Mashed Potato Broccoli Pears w/ Blueberries Whole Grain Dinner Roll</p>	<p>30 Scalloped Ham & Potatoes Green Beans Autum Salad Pineapple Tidbits Whole Grain Dinner Roll</p>			<p>MENUS ARE SUBJECT TO CHANGE</p> <p>1% AND SKIM MILK SERVED DAILY</p>