

OCTOBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 POT ROAST GRILLED SPINACH CHICKEN MASHED POTATO PEAS AND CARROTS	2 BURRITO W/ CHILI CHICKEN TACO SALAD SPANISH RICE PINTO BEANS MIXED VEGGIES	3 NATIONAL VEGETARIAN DAY CHICKEN TENDERS MASHED POTATO PEAS AND CARROTS	4 GRILLED SALMON NATIONAL TACO DAY YELLOW RICE REFRIED BEANS ZUCCHINI	5 PORK CHOP MASHED POTATO CARROTS
6 GRILLED CHICKEN RICE GREEN BEANS	7 PASTA BAR	8 BBQ CHICKEN BRISKET MAC AND CHEESE CABBAGES	9 BEEF FAJITAS CHICKEN FAJITAS FIDEO PINTO BEANS SQUASH	10 ONION CHICKEN SAUSAGE STEAMED RICE WINTER VEGETABLE	11 GRILLED CHICKEN WRAP CAT FISH MAC AND CHEESE BROCCOLI	12 GRILLED CHICKEN RICE CARROTS
13 ENCHILADA SPANISH RICE PINTO BEANS	14 RIBS CALIFORNIA CHICKEN ROASTED POTATOES SPINACH	15 GERMAN PORK CHOPS CHICKEN CACCIATORE RICE CABBAGE	16 SOUTHWEST CHICKEN SPANISH RICE PINTO BEANS MIXED VEGGIES GUMBO DAY	17 CHILI AND CORNBREAD GRILLED CHEESE TOMATO SOUP	18 FISH MEATLOAF APPRECIATION DAY MASHED POTATOES FRIED OKRA BROCCOLI	19 HAMBURGER FRIES SIDE SALAD
20 CHICKEN ALFREDO GREEN BEANS	21 CHICKEN AND DUMPLINGS PORK CHOPS MASHED POTATO MIXED VEGETABLES	22 BAKED POTATO BAR LETTUCE WRAP	23 ENCHILADA CHICKEN CRISPITOS SPANISH RICE PINTO BEANS MIXED VEGGIES	24 CALIFORNIA CHICKEN PORK ROAST GARLIC MASHED POTATO GREEN BEANS	25 FRIED CHICKEN STEAK FISH BURGER MAC AND CHEESE ZUCCHINI	26 ASIAN CHICKEN FRIED RICE STIR FRIED VEGETABLE
27 NATIONAL POTATO DAY	28 SPAGHETTI AND MEAT SAUCE TUSCAN CHICKEN RICE BROCCOLI	29 NACHO BAR CHOPPED BRISKET COBB SALAD	30 KING RANCH FIDEO PINTO BEANS MIXED VEGGIES GRILLED CHICKEN	31 ROAST BEAST GRILLED CHICKEN FINGERLING POTATOES SPICY CARROTS		

