

Meal Site Menu

menu subject to change

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Waikki Chicken, Italian Squash, Carrots, Rye Bread, LD Fudge Round, Margarine, & Milk	2 Hot Dog w/Chili, Baked Beans, Confetti Cole Slaw, Hot Dog Bun, Scalloped Apples, & Milk	3 Baked Spaghetti Casserole, Green Peas, Green Garden Salad (1 cup), Texas Toast, Spiced Peaches, Fat Free Ranch Dressing, & Milk	4 Chicken Salad, Macaroni Salad, Orange Tangerine Juice, Cucumber Tomato Salad, (2 S) Wheat Bread, LD Oatmeal Cake, & Milk	5 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch Juice, Cabbage & Carrots, White Dinner Roll, Fresh Banana, & Milk
8 Breakfast Sausage, Yogurt (Low Fat), Grits, Spice Peaches, Orange-Tangerine Juice, Biscuit, Jelly, Margarine, & Milk	9 White Bean & Chicken Chili, Grape Juice, Winter Blend Vegetables, Whole Wheat Bread, Mixed Berry Crisp, & Milk	10 Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Carrots & Peas, Mixed Fruit, Whole Wheat Bread, Oatmeal Cookie, Margarine, & Milk	11 Swiss Style Beef Patty, Steamed Rice, Fresh Orange, Okra & Tomatoes, White Dinner Roll, Fruit & Grain Bar, Margarine, & Milk	12 Chicken w/Paprika Cream Sauce, Red Bliss Potatoes, Steamed Spinach, Whole Wheat Dinner Roll, Pineapple Tidbits, LD Banana Marshmallow Pie, & Milk
15 Sliced Roast Turkey, American Cheese, Potato Chowder Broccoli, Whole Wheat Bread (2sl), Spiced Apple Slices, & Milk	16 Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Orange-Tangerine Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickle Slices, & Milk	17 Beef Macaroni w/Tomato, Fresh Apple, Capri Blend Vegetables, Whole Wheat Bread, Fruit Punch Juice, Margarine, & Milk	18 Sausage Onions & Peppers, Seasoned Collard Greens, Pinto Beans, Hot Dog Bun, LD Fudge Round, & Milk	19 Hamburger, American Cheese, Lettuce & Tomato, Chuckwagon Corn, Hamburger Bun, Peach Cobbler, Ketchup, & Milk
22 Chicken Hearty Stew, Pinto Beans, Grape Juice, Whole Wheat Bread, Pineapple Crisp, & Milk	23 Pepper & Onion Beef Patty, Mashed Potatoes, Green Peas, White Bread, Fresh Orange, & Milk	24 Baked Chicken (Bone-In), Wild Rice Blend, Brussels Sprouts, Fruit Punch Juice, White Dinner Roll, Mandarin Orange Ambrosia, & Milk	25 Peanut Butter & Jelly, Beef Vegetable Soup, Broccoli, White Bread (2 sl), Spiced Peaches, & Milk	26 Sliced Ham, Black-eyed Peas, Seasoned Collard Greens, Fresh Banana, Cornbread, Margarine, & Milk
29 Waikki Chicken, Italian Squash, Carrots, Rye Bread, LD Fudge Round, Margarine, & Milk	30 Hot Dog w/Chili, Baked Beans, Confetti Cole Slaw, Hot Dog Bun, Scalloped Apples, & Milk	31 Baked Spaghetti Casserole, Green Peas, Green Garden Salad (1 cup), Texas Toast, Spiced Peaches, Fat Free Ranch Dressing, & Milk	Do you or loved ones have Medicare? SHIP can help if you questions. 1-855-408-1212 or 410-1135	Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.