Mon	Tue	Wed	Thu	Fri
3 Cheeseburger soup 8 oz Cracker-2 Copper penny salad 4 oz Apricots 4 oz Brownie Milk	4 Creamy chicken & veggie casserole 8 oz Breaded tomatoes 4 oz Pears 4 oz Wheat bread Milk Gelatin w/pineapple 4 oz	5 Liver & onions OR Beef cutlet 1 each Mash pot 4 oz/Gravy 2 oz Broc/raisin/salad 4 oz Apricots 4 oz Bread Milk	6 Italian baked chicken 2 pc dark or 1 pc white meat Mixed greens salad 4 oz Salad dressing 1 oz Corn 4 oz Wheat roll Strawberries 4 oz Milk	7 Tuna patty w/tartar sauce Broccoli cheeses soup 4 oz Cracker-1 Carrots 4 oz Peaches 4 oz Bread Milk
10 Chicken & cheese casserole 8 oz Broccoli 4 oz Beets 4 oz Pineapple 4 oz Wheat bread Milk	11 Ham & beans 8 oz Potatoes with onions 4 oz Parslied carrots 4 oz Plums 4 oz Cornbread Milk	12 Swedish steak 1 each on Rice 4 oz Red & green cabbage 4 oz Applesauce 4 oz Lime gelatin w/pears 4 oz Roll Milk	13 Meatloaf 4 oz Mashed pot 4 oz/Gravy 2 oz Green beans 4 oz Apricots 4 oz Pumpkin spice pound cake Wheat roll Milk	14 Turkey chili 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Cinnamon roll Milk
17 Brunswick stew 8 oz Mixed greens salad 4 oz Salad dressing1 oz Banana Cheddar dill bread Milk	18 Hamburger with set up on a Bun Oven browned potatoes 4 oz Three bean salad 4 oz Mandarin oranges 4 oz Milk	19 Swedish ham balls 4 oz Sweet potatoes 4 oz German mix vegetables 4 oz Pineapple 4 oz Wheat roll Milk	20 Egg salad sandwich Black bean soup 4 oz Cracker-1 Carrot sticks 4 oz Strawberries 4 oz Bread Milk	21 Scalloped chicken 8 oz Broccoli 4 oz Blushing pears 4 oz Pineapple bread Milk
24 Oven fried chicken 2 pc dark or 1 pc white meat Cole slaw 4 oz Corn 4 oz Peaches 4 oz Roll Milk	25 Mexican lasagna 8 oz Combination salad 4 oz Salad dressing 1 oz Cracker-1 Strawberries 4 oz Milk	26 New England stew 8 oz Green beans 4 oz Pears 4 oz Cook's choice cookie Bread Milk	27 Tuna noodle casserole with peas 8 oz Pickled beets 4 oz Mixed fruit 4 oz Wheat bread Milk	28 Easy chicken & broccoli pie 8 oz Tomato salad 4 oz Apricots 4 oz Orange muffin Milk
31 Harvest Turkey Soup 8oz Blck eye pea/corn salad 4 oz Apple slices 4 oz Pumpkin pie squares Biscuit Milk	Birthday Day - October 13 Choice Days - October 5 Circled Days - meals that freeze well October		Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	