

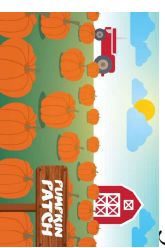
Nutrition Menu

Nellie Sawyer, Manager



October-21

Office Hours: 9am-1pm 426-8309

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch is Served at 11:30am Milk is Served With Each Meal						
3 Sausage & Peppers Carrots Roasted Potatoes Roll Peach Cobbler	4 Chicken Wrap w/cheese Cucumber, Onion & Tomato Salad Pasta Salad Peaches Pudding w/ Topping	5 Chili w/Beef & Beans Baked Potato Orange Juice Corn Bread Muffin Jello	6 Chef Salad w/ Ham & Cheese Potato Salad Strawberries Crackers Butter Cookie	7 Baked Pork Chop Collards Potatoes Au Gratin Fruit Crisp Roll	8 Oven Fried Chicken Garden Peas Buttered Potato Pears Roll Cookie	9
10 Cheeseburger Baked Beans Baked Apples Cake	11 Ham & Cheese Sub 'Tossed Salad Pineapple Juice Spice Cake	12 Meatloaf Greenbeans Mac & Cheese Pineapple Chunks Roll	13 Chicken Salad Broccoli Pasta Salad Crackers Orange Juice Angel Cake	14 Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Gravy Pudding	15	16
17 Spaghetti w/ Meat Sauce California Blend Vegetables Baked Apples Garlic Bread Pudding	18 Roast Beef Sub w/Cheese 'Tossed Salad Fruit Cocktail Cake	19 BBQ Sandwich Buttered Potatoes Coleslaw Fresh Fruit Cookie	20 Tuna Salad w/lettuce Peas Pasta Salad Orange Juice Crackers Cake	21 Beef Tips w/Gravy Sautéed Spinach Brown Rice Peaches Roll	22	23
24 Salisbury Steak w/Gravy Peas & Carrots Mashed Potatoes w/gravy Pineapple Chunks Roll Apple Crisp	25 Chicken Salad w/lettuce 'Three Bean Salad Macaroni Salad Fresh Orange Crackers Jello	26 Baked Ham Cabbage Sweet Potato w/Marshmallows Pears Roll	27 Turkey Sandwich w/Cheese 'Tossed Salad Fruit Cocktail Cake	28 Oven Fried Chicken Garden Peas Buttered Potato Pears Roll Cookie	29	30
31 						31

Donations are
Needed, Accepted
and Appreciated!