

October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 <u>Breakfast</u> Breakfast Sandwiches <u>Lunch</u> Blackened Cod Spicy Collard Greens Southern Cornbread	2 <u>Breakfast</u> Eggs, Sausage Patties, Potatoes <u>Lunch</u> Baked BBQ Chicken BBQ Pinto Beans Smoky Chipotle Mac & Cheese	3 <u>Breakfast</u> Biscuits & Gravy <u>Lunch</u> Asian Seared Pork Loin Ginger Green Beans Jasmine Rice	4 <u>Breakfast</u> Buttermilk Pancake <u>Lunch</u> Taco Bar 	5 <u>Breakfast</u> Cheddar Bacon Strata <u>Lunch</u> Beef & Broccoli Stir-Fry Mushroom & Green Bean Stir-Fry Jasmine Rice
8 <u>Breakfast</u> Breakfast Sandwiches <u>Lunch</u> Country Style Meatloaf Garlic Roasted Broccoli Steamed Red Potatoes	9 <u>Breakfast</u> Migas Scramble, Sausage Patties, Potatoes <u>Lunch</u> Baked Paprikash Chicken Seasoned Steamed Peas Chile-Roasted Corn	10 <u>Breakfast</u> Biscuits & Gravy <u>Lunch</u> Herb Roasted Pork Loin Garlic Roasted Vegetables Mashed Potatoes	11 <u>Breakfast</u> Smashed Avocado Toast <u>Lunch</u> Sloppy Joes Carrots Fries	12 <u>Breakfast</u> Western Scramble <u>Lunch</u> Turkey with Garlic Scallion Gravy Vegetable Medley Italian Roast Potatoes
15 <u>Breakfast</u> Breakfast Sandwiches <u>Lunch</u> Pulled Pork Mac N Cheese Jalapeno Cornbread 	16 <u>Breakfast</u> Eggs, Sausage Patties, Potatoes <u>Lunch</u> Baked Potato Bar	17 <u>Breakfast</u> Biscuits & Gravy <u>Lunch</u> Spaghetti Pomodoro with Rosemary Chicken Roasted Garlic Bread 	18 <u>Breakfast</u> Buttermilk Pancake <u>Lunch</u> Garlic Grilled Salmon Steamed Sugar Snap Peas Mashed Potatoes	19 <u>Breakfast</u> Cheddar Bacon Strata <u>Lunch</u> Hot Dogs Tator Tots Chili
22 <u>Breakfast</u> Breakfast Sandwiches <u>Lunch</u> Mesquite Grilled Chicken Green Beans & Carrots Old Fashioned Mashed Potatoes	23 <u>Breakfast</u> Eggs, Sausage Patties, Potatoes <u>Lunch</u> Beef & Broccoli Stir-Fry Lemony Sugar Snap Peas Jasmine Rice	24 <u>Breakfast</u> Biscuits & Gravy <u>Lunch</u> English-Style Battered Fish Old- Fashioned Cole Slaw Fries	25 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Citrus Pork Burrito Guacamole Chips	26 <u>Breakfast</u> Baja Pressed Burrito <u>Lunch</u> Chicken Teriyaki Zucchini & Kale Stir-Fry Jasmine Rice
29 <u>Breakfast</u> Breakfast Sandwiches <u>Lunch</u> Butter Chicken Indian-Spiced Cauliflower Basmati Rice	30 <u>Breakfast</u> Eggs, Sausage Patties, Potatoes <u>Lunch</u> Turkey with Miso Mushroom Gravy Baby Bok Choy Kimchi Fried Rice	31 <u>Breakfast</u> Biscuits & Gravy <u>Lunch</u> Carne Asada Pizza Cheese Pizza Sausage & Mushroom Pizza	Did You Know? The phytonutrients in apples can help you regulate your blood sugar 	