October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Steel Cut Oatmeal Cheese Omlet Golden Hash Browned Potato Patty Chicken Fajita Homemade Chips and Salas Italian Sausage Cassertte Side Salad Bread Stick	2 Grits Country Style Scrambled Egg Bacon Grilled Reuben Potato Chips Cole Slaw Honey Ginger Chicken Basmati Rice Baby Carrots & Snap peas	3 Steel Cut Oatmeal Denver Omelet Home Fried Potato Shrimp Alfredo w/Penne Pasta Broccoli Florets Salisbury Steak Mashed Potatoes w/Gravy Garlic Green Beans	4 Cream of Rice Banana Pancakes Pork Sausage Patty Assorted Eggs BBQ Beef Brisket Sandwich Cole Slaw Fresh Fruit Fried Catfish Dirty Rice Sauteed Spinach w/Onion Sweet Honey Cornbread	5 Steel Cut Oatmeal Eggs Benedict Hash Browns With Vegetables Chicken Stir Fry Steamed White Rice Egg Roll Citrus Marinated Pork Loin Zucchini Mashed Sweet Potatoes
6 Steel Cut Oatmeal Vegetable Omelet Roasted Hash Browns Reindeer Sausage Sandwich Mixed Vegetables Potato Chips Meat Lasagna Caesar Side Salad Garlic Rosemary Breadstick	7 Cream Of Wheat Scrambled Eggs French Toast Italian Deli Sub Ruffles Potato Chips Fresh Grapes Roasted Turkey Breast Poultry Gravy Broccoli Cuts Stuffing	8 Steel Cut Oatmeal Baked Cheese Omelet Sausage Link Beef Taco Mexican Vegetables Spanish Rice Turkey Tetrazzini California Mixed Vegetables Garlic Bread	9 Grits Country-Style Scrambled Eggs Pork Sausage Patty Meatball Sub French Fries Pickle Spears Tuna Noodle Casserole Green Beans Dinner Roll	10 Steel Cut Oatmeal Assorted Eggs Belgian Waffles Bacon Chicken Caesar Salad Garlic Toast Meat Loaf Mashed Potatoes w/Gravy Green Peas	11 Cream of Rice Buttermilk Pancakes Assorted Eggs Sausage Link Sloppy Joe French Fried Tator tots Fresh Fruit Citrus Glazed Salmon Au Gratin Potatoes Brussels Sprouts	12 Steel Cut Oatmeal Assorted Eggs Corned Beef Hash French Dip Sandwich Maui Onion Rings Brown Sugar Rubbed Pork Lion Mashed Sweet Potatoes Broccoli & Cauliflower
13 Steel Cut Oatmeal Bacon, Egg & Cheese Breakfast Snacker Baked Tater Tots Manicotti With Red Sauce Caesar Side Salad Bread Stick Chicken Reindeer Gumbo Steamed White Rice Fried Okra	14 Cream Of Wheat Farmers Egg Skillet Roasted Chicken Breast Baked Potato Garlic Green Beans Beef & Broccoli Stir Fry Fried Rice Egg Roll	15 Steel Cut Oatmeal French Toast Bacon Chicken Enchilada Aztec Corn Cilantro Lime Rice Mushroom Swiss Burger Fried Zucchini Marinated Cucumber Salad	16 Grits Scrambled Eggs with Cheddar Corned Beef Hash Not Your Mother's Grilled Cheese Tomato Basil Soup Chips Chicken Spinach Cassertte Side Salad Garlic Bread	17 Steel Cut Oatmeal Denver Omelet Sausage Links Pepperoni Pizza Fresh Fruit Salad Garden Salad Cup Beef Stew Dinner Roll	18 Cream Of Wheat Chocolate Chip Pancake Bacon Breaded Baked Fish French Fries Cole Slaw Adobo Pork Tenderloin Roasted Squash Pepper Mix Mesquite Roasted Potatoes	19 Steel Cut Oatmeal Breakfast Muffin Sandwich Hashbrown Patty Lamb Gyro Grilled Eggplant Onion Rings Beef Stronanoff Roasted Cauliflower Buttered Egg Noodle
20 Steel Cut Oatmeal Bacon Assorted Eggs Breakfast Potatoes Braised Pot Roast Glazed Baby Carrots Mashed Potatoes Ginger Citrus Chicken Sesame Rice Garlic Ginger Snap Peas	21 Cream Of Wheat French Toast w/ Peach Compote Scrambled Eggs Cooked Sausage Patties BLT Sandwich Baked Sweet Potato Wedges Crudite Spaghetti with Meat Sauce Side Salad Garlic Bread	22 Steel Cut Oatmeal Ham & Cheese Omelet Baked Wedge Fries Beef Soft Taco Refried Beans Aztec Vegetable Medley Chicken Marsala Roasted Tomato Rice Pilaf Garlic Green Beans	23 Grits Sausage Gravy & Biscuit Assorted Eggs Deep Fried Chicken Strips Crinkle Cut French Fries Vinaigrette Cole Slaw Baked Pork Chop Apple Chutney Herb Roasted Potatoes Brussels Sprouts	24 Steel Cut Oatmeal Sausage Egg & Cheese Biscuit Hash Brown Patty Turkey Club Potato Chip Marinated Vegetable Salad Chinese Chicken Salad Fried Chickpeas	25 Cream Of Wheat Blueberry Pancakes Bacon Slices Italian Roasted Chicken Breast Cheese Raviolis Italian Green Beans Herb Roasted Salmon Mashed Sweet Potato Italian Mixed Vegetables	26 Steel Cut Oatmeal Farmers Egg Skillet Fried Shrimp Onion Rings Capri Mixed Vegetables Salisbury Steak Yukon Potaotes Succotash
27 Assorted Eggs Steel Cut Oatmeal Home Fried Potatoes Chicken Salad Croissant Fresh Grapes Potato Chips Chicken Fried Steak Mashed Potato Country Cream Gravy Peas	28 Cream Of Wheat Assorted Eggs Texas French Toast Swedish Meatballs Buttered Egg Noodles French Cut Green Beans Apple Glazed Pork Tenderloin Chive Scalloped Potatoes Glazed Carrots	29 Steel Cut Oatmeal Waffles With Strawberries Bacon Assorted Eggs Beef Taco Salad Asian Chicken Jasmine Rice Vegetable Egg Roll	30 Grits Country Scramble Assorted Eggs Bacon Cheese Burger Steak Fries Side Salad Glazed Ham Cranberry Wild Rice Sauteed Spinach	31 Steel Cut Oatmeal Golden Hash Browned Potato Patty Baked Denver Omelet Chicken Alfredo Broccoli Florets Bread Sticks Shepherd'S Pie Peas & Carrots		