

## October 2018

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Lasagna 1 C. Tossed Salad Breadstick Cottage Cheese & Peaches Breadstick Cake	2 Kielbasa Whipped Potatoes Sauerkraut Hot Dog roll Fresh Seasonal Fruit	2 1c. Chili 1 c.Tossed Salad Baked Potato Biscuit Cookie	4 Meatballs, Mushroom Gravy 1/2c. Egg Noodles 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Mixed Fruit Salad	Ham & Cheese Sandwich 1 c. Creamy Tomato Soup crackers Sandwich Roll Fresh Fruit
8 Chicken Leg or Thigh 1/2c. Whipped Potatoes 1/2c. Peas & Carrots White Bread Fresh Fruit	9 Pork Patty 1/2c. Blended Rice Pilaf 1/2c. Island Blend Vegetables White Bread 1/2c. Sliced Apples	10 Sloppy Joe 1/2c.Ranch Seasoned Potatoes 1/2c. Green Beans Sandwich Roll Cookie	11 Chicken Parmesan 1/2c. Bowties 1c. Tossed Salad Italian Bread 1/2c. Sliced Peaches	1 Warm Roast Beef Sandwich cheese 1 c. Homemade Vegetable Soup Crackers Sandwich Roll 1/2c. Pineapple Tidbits
15 Bratwurst w/Kraut topping 1/2c. Creamed Potatoes & Peas Hot Dog Roll 1/2c. Applesauce	16 BBQ Chicken over 1/2c. White Rice 1 c. Tossed Salad White Bread 1/2c. Mandarin Oranges	17 Meatloaf 1/c. Whipped Potatoes 1/2c. Corn Wheat Bread 1/2c. Pudding	18 Greek Chicken Salad Diced Chicken, Blk Olives, & Mozzarella Cheese 1c. Mixed Greens w/dressing 1c. Bean Soup w/Crackers Dinner Roll Cookie	1 Baked Ham 1/2c. Whipped Sweet Potatoes 1/2c. Beets White Bread Fresh Fruit
22 Baked Ziti(3/4c.) w/Meatballs (3) Mozzerella Cheese 1 c. Caesar Salad Garlic Breadstick 1/2c. Mixed Fruit Salad	23 Pork Ribette 1/2c.Seasoned Potatoes 1/2c. Baked Beans Dinner Roll 1/2c. Sliced Peaches	24 Swiss Steak Onion Gravy 1/2cCabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple	25 Grilled Chicken Bacon & Swiss Club lettuce, tomato 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Pears	2 Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit
Baked Meatloaf w/Gravy Baked Potato 1/2c.Mixed Bean Medley White Bread Peaches	30 Baked Salmon w/white wine cream sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Pineapple Tidbits	31 Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes 1/2c. Carrots 2 White Bread 1/2c. Applesauce		*Menus Subject To Change*