

October 2017

<p>2 Pulled BBQ Chicken—3 oz. Wheat Bun—1 each Potato Wedges -1/2 c. (FR) Apple-1 each (FR) Skim Milk—8 fl. oz.</p>	<p>3 Chicken Soft Tacos—2 oz. WG Tortilla—1 each Lettuce/Tomato Salad—1/2 c Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>4 Beef N Noodles—4 oz. Garlic Bread—1 each Corn on the Cob—4 oz. (FZ) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>5 Chicken Alfredo—4 oz. Garlic Bread—1 each Garden Salad—1/2 c(FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>6 Grilled Chicken Salad—2 oz. WG Honey Roll—1 each Garden Salad—1/2 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>
<p>9 Meatball Sub—2 oz. Wheat Bun—1 each Carrots w/Ranch-1/2 c (FR) Peaches—1/2 c (CN) Skim Milk—8 fl. oz.</p>	<p>10 BBQ Chicken—1 thigh WG Honey Roll—1 each Green Beans—1/2 c. (FZ) Baked Apples-1/2 c. (FR) Skim Milk—8 fl. oz.</p>	<p>11 Chicken Queso—4 oz. Tortilla Chips-1 oz. Corn—1/2 cup (FZ) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>12 BBQ Beef—3 oz. Wheat Bun—1 each Baked Beans—1/2 c. (CN) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>13 Baked Spaghetti—4 oz. Garlic Bread—1 each Garden Salad—1/2 c (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>16 Fried Chicken- 3 oz. Mac N Cheese—3 oz. Cherry Tomatoes—1/2 c. (FR) Applesauce-1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>17 Gr. Chicken Lasagna—4 oz. Garlic Bread—1 each Steamed Veggies—1/2 c(FZ) Fruit Cocktail—1/2 c. (CN) Skim Milk—8 fl. oz.</p>	<p>18 Beef Tacos—2 oz. Taco Shell—2 each Lettuce/Tomatoes—1/2 c (FR) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>19 Cheeseburger Casserole-4 oz. Garlic Bread—1 slice Green Beans- 1/2 c. (FZ) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>20 Chicken Veggie Stirfry—8 oz. (FZ) WG Fried Rice—4 oz. Grapes- 1/2 cup (FR) Skim Milk—8 fl. oz.</p>
<p>23 Beef Lasagna-4 oz. Garlic Bread—1 each Garden Salad—1/2 cup (FR) Apple- 1 each (FR) Skim Milk—8 fl. oz.</p>	<p>24 Baked Chicken—3oz. WG Honey Roll—1 each Glazed Carrots—1/2 c. (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>25 Chicken Fajitas—4 oz. WG Tortilla—1 each Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>26 Cheeseburger—2 oz. Wheat Bun—1 each Potato Wedges—1/2 c. (FR) Fresh Pineapple—4oz (FR) Skim Milk—8 fl. oz.</p>	<p>27 Salisbury Steak—2 oz. Garlic Bread—1 each Mashed Potatoes-1/2 c(FR) Sliced Melon-4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>30 Sloppy Joey's—3 oz. Wheat Bun—1 each Corn on the Cob—4 oz. (FZ) Apple—1 each (FR) Skim milk—8 fl. oz.</p>	<p>31 Chili Mac—4 oz. Crackers—6 each Baked Potato—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>The illustration features a black and white Halloween theme. On the left, a witch in a pointed hat flies on a broomstick over a landscape with several carved jack-o'-lanterns. In the center, the words "TRICK OR TREAT" are written in a stylized, decorative font. To the right, a black silhouette of a cat is shown in profile, looking towards the left. Above the cat, a spider is hanging from a thin vertical line.</p>		