



NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 GREAT NORTHERN - services -		<i>hello october, please be good. ♥</i>		1 BROCCOLI BEEF CARROTS BROWN RICE MANDARINS & PINEAPPLE	2 HAM SANDWICH WH. GRAIN BREAD LETTUCE/TOMATO POTATO SALAD BANANA
	ALL MEALS INCLUDE 1% MILK & BUTTER	5	6 GR. BEEF STROGANOFF WHOLE GRAIN NOODLES GARDEN SALAD W/VEGGIES WH. GRAIN ROLL MANDARINS IN SALAD	7 BBQ CHICKEN SWEET POTATO STRING BEANS WHOLE WHEAT ROLL TANGERINE	8 BAKED FISH LEMON HERB BROWN RICE STEAMED CABBAGE/PEAS WHOLE GRAIN ROLL BANANA
PLEASE NOTE: MENUS SUBJECT TO CHANGE WITH RD APPROVAL	12	13 PORK ROAST & GRAVY MASHED RED POTATOES BROCCOLI & CAULIFLOWER WH. GRAIN ROLL PEARS	14 CHICKEN FAJITAS PEPPERS/ONIONS SPANISH BROWN RICE MEXICAN COLESLAW WH. GR. TORTILLA APRICOTS	15 BEEF STEW W/CARROTS, PEAS AND POTATOES SPINACH SALAD W/EGG WH. GRAIN ROLL FRUIT COCKTAIL	16 CHILI W/BEANS CORNBREAD GARDEN SALAD W/PEPPER & MANDARINS
	19	20 TERIYAKI CHICKEN BROWN RICE SESAME SLAW ORANGE	21 MEATLOAF & GRAVY SPINACH MASHED POTATOES WH. WHEAT ROLL PEARS	22 PULLED PORK SANDWICH WH. GRAIN HOAGIE ROLL GARLIC POTATO WEDGES BAKED BEANS RED GRAPES	23 1/2 TURKEY SANDWICH WH. GRAIN BREAD BARLEY BEEF SOUP RED LEAF LETTUCE TOMATO SLICE MULTIGRAIN CHIPS APPLESAUCE
		26 FISH SANDWICH WH. GRAIN BUN SWEET POTATO WEDGES LETTUCE/TOMATO COLESLAW TARTAR SAUCE BANANA	27 SOFT CHICKEN TACO WH. GRAIN TORTILLA REFRIED BEANS SPANISH BROWN RICE LETTUCE/TOMATOES SALSA ORANGE	28 MACARONI & CHEESE BROCCOLI WH. GRAIN ROLL GRAPES	29 CHEF SALAD W/HAM, RED PEPPERS, ONIONS, CARROTS & TOMATOES WH. GRAIN ROLL ORANGE <i>CHOCOLATE CUPCAKE</i>

* MEAL CONTAIN MORE THAN 1000 MG SODIUM

