

California Nutrition Center

October 2021

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Mon	Tue	Wed	Thu	Fri
				1 Ham Hashbrown Casserole Baked Beans Dinner Roll Margarine Fruit Crisp Milk
4 Battered Fish Coleslaw Pinto Beans Mac & Cheese Peaches Milk	5 Oven Fried Chicken Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Fruit Cobbler Milk	6 Pork Chop Sweet Potatoes Peas Bread Margarine Baked Apples Milk	7 Meat Lasagna Salad Berries Garlic Breadstick Cheesecake Milk	8 Sausage/Omelet Hashbrowns Baked Apples Biscuit/Gravy Cinnamon Roll Milk
11 BBQ Chicken Legs Scalloped Potatoes Broccoli Bread Margarine Ambrosia Salad Milk	12 Beans with Ham Wilted Lettuce Fried Potatoes & Onions Cornbread Margarine Fruit Milk	13 Roast Beef Chunck Potatoes Carrots & Cabbage Dinner Roll Margarine Cake Milk	14 Chicken Sandwich Lettuce, Tomato, Mayo Roasted Rosemary Potatoes Jello Milk	15 Meatloaf Gravy Mashed Potatoes California Blend Bread Margarine Assorted Dessert Milk
18 Spaghetti with Meatballs Italian Blend Salad Garlic Breadsticks Pudding Milk	19 Pulled Pork/Bun Hashbrown Casserole Country Blend Applesauce Coleslaw Milk	20 Taco Salad Corn Refried Beans Bread Margarine Fruited Jello Milk	21 Turkey/Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Pumpkin Dessert Milk	22 Ham Scrambled Eggs Biscuit & Gravy Hashbrowns Fresh Fruit Coffee Cake
25 Polish Sausage/Bun Kraut Mashed Potatoes Gravy Carrots Cake Milk	26 Baked Chicken Creamed Corn Baked Potato Bread Margarine Fruit Milk	27 Hamburger Steak with Grilled Mushrooms & Onion Garlic Mashed Potatoes Mixed vegetables Bread Margarine Pie Milk	28 Chili Hot Dog with bun Tater Tots Coleslaw Cookies Milk	29 Chicken Pot Pie Salad Beets Bread Margarine Assorted Dessert