Rolla Nutrition Site N		nthly Menu Suggested Co		ntribution of \$4.00 a meal	
October 2021 573-341-2929					
Mon	Tue	Wed	Thu	Fri	
				1 Ham AuGratin Potatoes Green Beans Dinner Roll Margarine Fruit Crisp Milk	
4 Oven Fried Chicken Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Fruit Cobbler Milk	5 Battered Fish Coleslaw Pinto Beans Mac & Cheese Peaches Milk	6 Pork Chop Sweet Potatoes Peas Bread Margarine Baked Apples Dessert Milk	7 Chicken Alfredo Broccoli Berries Garlic Breadstick Cheesecake Milk	8 October Fest Pulled Pork/Bun German Potato Salad Red Cabbage Fruit German Choc Cake Milk	
11 BBQ Chicken Scalloped Potatoes Oven Roasted Broccoli Bread Margarine Ambrosia Salad Milk	12 Beans with Ham Spinach Fried Potatoes & Onions Cornbread Margarine Fruit Milk	13 Pot Roast Chunk Potatoes Carrots Dinner Roll Margarine Cake Milk	14 Sweet & Sour Chicken Oriental Vegetables Egg Roll Fried Rice Lemon Bar Milk	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 Dessert Milk	20 Taco Salad Corn Black Beans Bread Margarine Fruited Jello Milk	21 Turkey/Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Pumpkin Dessert Milk	22 French Dip/Bun Au Jus Sauce Roasted Rosemary Potatoes Fruit Assorted Dessert Milk	
25 Polish Sausage/Bun Kraut Mashed Potatoes Gravy Cake Milk	26 Chicken Creamed Corn Baked Potato Bread Margarine Fruit Jello Milk	27 Halloween HobGoblin Hamburger/ Bun Baked Beans Potato Salad Fruit Dessert Milk	28 Fish Sandwich/Bun Lettuce Tomato/Pickle Baked Beans Cookies Milk	29 Chicken Pot Pie Salad Beets Bread Margarine Assorted Dessert	