

VALLEY VIEW MENU AT-A-GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5-Oct BREAKFAST: Oatmeal Rice Krispies Scrambled Egg Hashbrowns Dry Wheat Toast</p> <p>LUNCH: Veggie Alfredo w/Chicken Hot Dog on a Bun Potato Chips Glazed Carrots Wheat Dinner Roll Red Velvet Cake</p> <p>DINNER: Cream of Broccoli Cheese Soup Chicken Salad Sandwich on Wheat Breaded Fish Fillet on Bun Herbed Green beans Cinnamon Apple Sauce</p>	<p>6-Oct BREAKFAST: Cream of Wheat Cheerios Pancakes Breakfast Sausage Link Dry Wheat Toast</p> <p>LUNCH: BBQ Pulled Pork Southwestern Turkey Wrap Baked Beans, Coleslaw Cornbread Peanut Butter Cookies</p> <p>DINNER: Hearty Vegetable Soup Swedish meatballs w/Sauce Tuna Salad on Wheat Seasoned Egg Noodles Green Peas w/Paprika Sliced Peaches & Cream</p>	<p>7-Oct BREAKFAST: Oatmeal Corn Flakes Breakfast Ham Scrambled Eggs Biscuit/Dry Wheat Toast</p> <p>LUNCH: Ham & Potato Casserole Stuffed Cabbage in Sauce Garlic Noodles Pickled Beets Wheat Dinner Roll Butterscotch Pudding</p> <p>DINNER: Beef Barley Soup Cheeseburger Beer Battered Cod French Fries Cucumber Mint Salad Fruit Cup</p>	<p>8-Oct BREAKFAST: Cream of Wheat Rice Krispies Strawberry French Toast Oven Crisp Bacon Strips Dry Wheat Toast</p> <p>LUNCH: Chicken Stır Fry Mediterranean Baked Fish Sesame Noodles Vegetable Mix Stır Fry Wheat Dinner Roll Orange Pineapple Gelatin</p> <p>DINNER: Italian Wedding Soup w/Meatballs Pizza Supreme Casserole Chicken Quesadilla Seasoned Corn Diced Pears</p>	<p>9-Oct BREAKFAST: Oatmeal Corn Flakes Egg & Ham Bake Blueberry Muffin Dry Wheat Toast</p> <p>LUNCH: Pork & Fennel Salisbury Steak w/Gravy Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Coconut Cake</p> <p>DINNER: Baked Potato Soup Hot Dog on a Bun Southwestern Turkey Wrap Italian Pasta Salad Baked Beans Fruit Cocktail w/Whipped Topping</p>	<p>10-Oct BREAKFAST: Cream of Wheat Cheerios Biscuits & Gravy Dry Wheat Toast</p> <p>LUNCH: BBQ Chicken Thighs Country Fried Steak w/Gravy Baked Potato Cabbage & Carrots Wheat Dinner Roll Orange Sherbet</p> <p>DINNER: Chicken Florentine Soup Classic Italian Turkey Soft Beef Tacos Sweet Potato Fries Fresh Pineapple</p>	<p>11-Oct BREAKFAST: Oatmeal Rice Krispies Colby Cheese Omelet Crisp Oven Baked Bacon Dry Wheat Toast</p> <p>LUNCH: Beef Pot Roast Lemon Tilapia Fish Mashed Potatoes Creamed Peas & Onions Wheat Dinner Rolls Crisp Apple Cobbler</p> <p>DINNER: Pasta Fagioli Soup Italian Meatball Sub Turkey Burger Garlic Parmesan French Fries Chilled Mandarin Oranges</p>
<p>12-Oct BREAKFAST: Oatmeal Rice Krispies Scrambled Egg Hash Browns Dry Wheat Toast</p> <p>LUNCH: Spaghetti & Meat Sauce Fried Popcorn Shrimp French Fries Broccoli Florets Garlic Texas Toast Chocolate Chip Cookies</p> <p>DINNER: Split Pea Soup Pepperoni Pizza Egg Salad Sandwich on White Baked Sweet Potato Peaches in Orange Sauce</p>	<p>13-Oct BREAKFAST: Cream of Wheat Cheerios Apple Pancakes Breakfast Sausage Link Dry Wheat Toast</p> <p>LUNCH: Oven Fried Chicken Chopped Steak Cheddar Mashed Potatoes Spinach & Kale Sauté Wheat Dinner Roll Vanilla Ice Cream Sandwich</p> <p>DINNER: Mushroom Barley Soup Beef Mac & Cheese Casserole Fajita Taco Salad Corn & Black Bean Salad Rosy Applesauce</p>	<p>14-Oct BREAKFAST: Oatmeal Corn Flakes Fruit Danish Scrambled Eggs Dry Wheat Toast</p> <p>LUNCH: Turkey Pot Pie Grilled Ham Bowtie Pasta Italian Beets Frosted Banana Cake</p> <p>DINNER: Hearty Vegetable Soup Mushroom Swiss Burger Chicken Salad on Wheat Onion Rings Red Gelatin Fruit Cocktail</p>	<p>15-Oct BREAKFAST: Cream of Wheat Rice Krispies Cinnamon French Toast Oven Crisp Bacon Strips Dry Wheat Toast</p> <p>LUNCH: BBQ Pork Loin Baked Parmesan Cod Whipped Sweet Potato Roasted Cauliflower Wheat Dinner Roll Chocolate Cream Pie</p> <p>DINNER: Tomato Basil Soup Philly Chicken Cheesesteak Grilled Cheese on Wheat French Fries Carrots w/Parsley Chilled Apricots</p>	<p>16-Oct BREAKFAST: Oatmeal Corn Flakes Egg & Sausage Bake Buttered Croissant</p> <p>LUNCH: Beef Pot Roast Chicken Teriyaki Thighs Mashed Potatoes Baked Butter Beans Wheat Dinner Roll Red Velvet Cake</p> <p>DINNER: Beef Lentil Soup Breaded Chicken Tenders Ham Salad Plate Macaroni Salad California Blend Mixed Veggies Peach Parfait</p>	<p>17-Oct BREAKFAST: Cream of Wheat Cheerios Pancakes Breakfast Sausage Patty Dry Wheat Toast</p> <p>LUNCH: Ham, Macaroni & Cheese Casserole Mediterranean Baked Fish Rice Pilaf Scandinavian Vegetable Mix Wheat Dinner Roll Red Gelatin w/Whipped Topping</p> <p>DINNER: Minestrone Soup Beef Stroganoff Casserole Turkey Salad on White Seasoned Egg Noodles Dilled Carrots Mixed Berries w/Whipped Topping</p>	<p>18-Oct BREAKFAST: Oatmeal Rice Krispies Colby Cheese Omelet Oven Crisp Bacon Strips Dry Wheat Toast</p> <p>LUNCH: Herb Roast Turkey w/Stuffing Liver & Onions Cranberry Sauce Seasoned Peas & Onions Frosted Yellow Cake</p> <p>DINNER: Baked Potato Soup Blackberry Pork Shoulder Egg Salad on Wheat Macaroni & Cheese side Parmesan Zucchini White Breadstick Chilled Mandarin Oranges</p>