



		Thursday Oct 1	Friday Oct 2
--	--	----------------	--------------

Chicken Parisienne (150)
 Rich White Gravy (100)
 Mashed Potatoes (125)
 Green Beans (40)
 Pineapple Chunks (60)
 Watergate Salad (167)

642 Calories

Cheeseburger (500)
 French Fries (250)
 Orange Smiles (80)
 Sherbet (80)

910 Calories

Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Friday Oct 9
--------------	---------------	-----------------	----------------	--------------

Chef Salad with Turkey and Ham (483)
 Citrus Vinaigrette (34)
 Creamy Tomato Basil Soup (264)
 Croutons (30)
 Orange Smiles (80)

891 Calories

Chicken Soft Tacos (450)
 Spanish Rice (150)
 Pinto Beans (120)
 Pears (60)

780 Calories

Chicken Pot Pie (431)
 Salad (35)
 Salad Dressing (50)
 Peaches (60)
 Ice Cream Cup (130)

706 Calories

Pork Loin Chops (550)
 Mushroom Gravy (100)
 Squash Medley (75)
 Mashed Potatoes (125)
 Applesauce (55)

905 Calories

Ham and Turkey Sandwich (450)
 Lettuce, Tomato, Onion (40)
 Chips (150)
 Green Grapes (50)
 Granola Bar (100)

790 Calories

Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16
---------------	----------------	------------------	-----------------	---------------

Baked Chicken Quarter (420)
 Squash Medley (75)
 Corn on the Cob (80)
 Pears (60)
 Jello Cup (90)

725 Calories

Crunchy Beef Tacos (415)
 Lettuce, Tomato, Onion (40)
 Spanish Rice (150)
 Refried Beans (140)
 Orange Smiles (80)

825 Calories

Bacon Wrapped Pork Roast (550)
 Mushroom Onion Gravy (100)
 Green Beans (40)
 Mashed Potatoes (125)
 Applesauce (55)

870 Calories

Beef Lasagna (250)
 Tossed Caesar Salad (200)
 Garlic Bread (180)
 Mixed Fruit (60)
 Italian Ice (60)

750 Calories

Fish Po Boy (600)
 Lemony Coleslaw (41)
 Potato Wedges (150)
 Pineapple Chunks (60)
 Pudding Cup (100)

951 Calories

Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23
---------------	----------------	------------------	-----------------	---------------

Beef and Swiss Sandwich (250)
 Lettuce, Tomato, Onion (40)
 Chips (150)
 Apple (70)
 Pudding Cup (100)

610 Calories

Cheese Enchilada (360)
 Spanish Rice (150)
 Refried Beans (140)
 Pineapple Chunks (60)

710 Calories

BBQ Chicken Quarter (420)
 Roast Red Potatoes (150)
 Broccoli (40)
 Peaches (60)
 Jello Cup (90)

760 Calories

King Ranch Chicken (445)
 Borracho Beans (305)
 Cilantro Lime Rice (85)
 Green Beans (40)
 Mixed Fruit (60)

935 Calories

Fish and Chips (800)
 Peas and Carrots (50)
 Mandarin Salad (100)

950 Calories

Monday Oct 26	Tuesday Oct 27	Wednesday Oct 28	Thursday Oct 29	Friday Oct 30
---------------	----------------	------------------	-----------------	---------------

Chicken Alfredo (425)
 Salad (35)
 Salad Dressing (50)
 Fruit Cocktail (60)
 Sherbet (80)

650 Calories

Fideo with Meat (326)
 Pinto Beans (120)
 Flour Tortilla (120)
 Orange Smiles (80)

646 Calories

Meatloaf (340)
 Mushroom Gravy (100)
 Green Beans (40)
 Mashed Potatoes (125)
 Applesauce (55)
 Ice Cream Cup (130)

790 Calories

Beef & Broccoli (332)
 Fried Rice (217)
 Egg Roll (180)
 Green Grapes (50)

779 Calories

Chili Dog (540)
 Onion, Cheese (50)
 Chips (150)
 Ice Cream Cup (130)

870 Calories