

PREPARED BY Krista Percival, Director/certified to contain 1/3 RDA HEDLEY SENIOR CITIZENS, Hedley, Texas

SERVED WITH 2% MILK, TEA OR WATER and Served with Wheat Rolls, Wheat Bread or Cornbread

REVIEWED BY Mary Roberson RD, LD CDR # 13835

MONTH: **October** YEAR: **2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. Beef Enchiladas Refried Beans Mexican Rice Mixed Green Salad Mexican Brownie</p>	<p>2. Chicken Fried Steak Country Gravy Homemade Mashed Potatoes Country Green Beans w/Bacon & Onion Oatmeal Cookies WW Roll</p>	<p>3. Pot Roast w/ Gravy Roasted Carrots, Potatoes, & Onions Brown Rice Peach Cobbler WW Roll</p>	<p>4. Fish Sticks Crispy French Fries Creamy Coleslaw Pumpkin Pie Pudding</p>
<p>7. Buttermilk Ranch Chicken Roasted Sweet Potatoes Broccoli & Carrots Buttermilk WW Biscuits Chocolate Chip Cookie</p>	<p>8. Cheesy Ham and Hashbrown Casserole Garlic Red Roasted Potatoes Broccoli Autumn Fruit Crisp WW Roll</p>	<p>9. Chicken Fried Steak Country Gravy Homemade Mashed Potatoes Squash & Onions Peach Parfait WW Buttermilk Biscuit</p>	<p>10. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Monster Cookies Banana WW Buttermilk Biscuit</p>	<p>11. Bacon Cheeseburger on W.W. Bun Sweet Potato Fries Mixed Green Salad No Bake Cookies</p>
<p>14. Asian Sweet Chili Pork Egg Rolls Chinese Fried Rice Ginger Carrots Iced Orange Drop Cookies Mandarin Oranges</p>	<p>15. Beef Soft Taco WW Flour Tortilla Refried Beans Mexican Rice Mixed Green Salad Snickerdoodles Applesauce</p>	<p>16. Chicken Fried Steak Country Gravy Homemade Mashed Potatoes California Blend Vegetables Brown Rice Cherry Crisp WW Roll</p>	<p>17. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Monster Cookies WW Buttermilk Biscuit</p>	<p>18. Fish Sticks Crispy Tater Tots Creamy Coleslaw Brown Rice Rice Krispie Treat</p>
<p>21. Pigs in a Blanket Roasted Sweet Potatoes Buttered Carrots Pumpkin Cake WW Roll</p>	<p>22. Harvest Chicken Casserole Garlic Red Roasted Potatoes Broccoli Apple Crisp WW Roll</p>	<p>25. Chicken Fried Steak Country Gravy Country Green Beans w/Bacon & Onion Homemade Sugar Cookies WW Buttermilk Biscuit</p>	<p>17. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Banana Pudding WW Buttermilk Biscuit</p>	<p>27. Bacon Cheeseburger on W.W. Bun Onion Rings Mixed Green Salad Banana Butterscotch Bars</p>
<p>28. Asian Sweet Chili Pork Egg Rolls Chinese Fried Rice Asian Vegetables Blueberry Bottom Cake Apricots</p>	<p>29. Farmer's Casserole Mashed Sweet Potatoes Chopped Spinach Banana Bread WW Roll</p>	<p>30. Chicken Fried Steak Country Gravy Country Green Beans w/Bacon & Onion Brown Rice Chocolate Pudding Parfait WW Buttermilk Biscuit</p>	<p>31. Pot Roast w/ Gravy Roasted Carrots, Potatoes, & Onions Brown Rice Snickerdoodles Chilled Peaches WW Roll</p>	
