## **October**

## Franklin County

Monday	Tuesday	Wednesday	Thursday	Friday
	Popcorn Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll Fresh Fruit	Chicken Alfredo  1/2c Noodles  1/2c Broccoli  1 Garlic Breadstick  1/2c. Warm Apple Cranberry Crisp
Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	Tuna Salad Sandwich (4oz) 1c Roasted Pumpkin Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	Chicken Bacon Carbonara (3oz Chicken, 1/2ox Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges	Baked Ravioli (6) w/ Tomato Cream Sauce 1/2c Brussels Sprouts 1/2c Warm Peaches 1 Italian Bread	Sliced Ham  1/2c Orange Blossom Sweet Potatoes  1/2c Peas & Carrots  1 Dinner Roll  1 Cookie
Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit	BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
Cajun Shrimp 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple	Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	Burgundy Glazed Meatballs (4)  1/2c Rice  1/2c Carrots  1 Italian Breadstick  Fresh Orange	Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Open Faced Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
Creamy Parmesan Pork Chop 1/2c Cubed Potatoes 1/2c Cauliflower 1 Wheat Bread Cake w/ Icing	Pizza Burger (1oz Sauce,5oz Mozzarella) 1/2c Lemon Buttered Orzo 1/2c Brussels Sprouts Hamburger Bun 1/2c Fruit Crisp	Chicken Bruschetta 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit	Happy Halloween! 31 Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	Nutrition Nutrition