

OCTOBER

ADSS NUTRITION PROGRAM

FALL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Menu 1</u> Teriyaki Meatballs - 3 Fried Rice Glazed Baby Carrots Tropical Fruit Wheat Breadstick Margarine Fudge Round Milk</p> <p><u>Menu 6</u> Apple Juice Chicken Tetrazzini Green Peas Rutabagas Wheat Roll Margarine Peanut Butter Crème Pie Milk</p>	<p><u>Menu 2</u> Grape Juice Chicken Pot Pie Brussels Sprouts Rosey Applesauce Wheat Roll Margarine White Cake Milk</p> <p><u>Menu 7</u> Open Face Turkey Sandwich Green Beans Parmesan Tomatoes Fresh Apple Texas Bread Margarine Fudge Brownie Milk</p>	<p><u>Menu 3</u> Meatloaf/Brown Gravy Whipped Potatoes Mustard Greens Fresh Fruit Cornbread Margarine Orange P'ncapple Gelatin Milk/Buttermilk</p> <p><u>Menu 8</u> Taco Salad: Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Sour Cream Strawberry Gelatin Milk</p>	<p><u>Menu 4</u> Apple Juice Hot Dog/Bun Baked Beans Coleslaw/Carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p> <p><u>Menu 9</u> Blended Juice Smothered Chicken Delmonico Potatoes Turnip Greens Cornbread Margarine Chocolate Cake/Whipped Topping Milk/Buttermilk</p>	<p><u>Menu 5</u> Cranberry Juice Baked Ham/P'ncapple Sauce Lima Beans Diced Sweet Potatoes Whole Wheat Bread Margarine Marble Pudding Milk</p> <p><u>Menu 10</u> Grape Juice Sausage Patty - 2 Cheese Grits Fresh Orange Biscuit Margarine/Jelly Raisin Bran Cereal Milk</p>
<p><u>Menu 11</u> Blended Juice Chopped Steak/Gravy Country Potatoes Mixed Vegetables Whole Wheat Bread Margarine P'ncapple Tidbits Milk</p> <p><u>Menu 16</u> Orange Juice Chicken Taco Soup Mexican Rice Mixed Fruit Wheat Breadstick Margarine Nutty Buddy Milk</p>	<p><u>Menu 12</u> Orange Juice Chili/Beans Buttered Rice Sliced Peaches Saltine Crackers Margarine Yellow Cake Milk</p> <p><u>Menu 17</u> Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 13</u> Mesquite Chicken Drumsticks - 2 Country Corn Parsified Baby Carrots Fresh Fruit Texas Bread Margarine Fig Bar Milk</p> <p><u>Menu 18</u> Apple Juice BBQ Rib Patty Butter Beans Mixed Greens Cornbread Margarine Banana Pudding/Wafers Milk/Buttermilk</p>	<p><u>Menu 14</u> Cranberry Juice <b>Vegetable Plate:</b> Macaroni &amp; Cheese Black-eyed Peas Collard Greens Cornbread Margarine Sugar Cookies - 2 Milk/Buttermilk</p> <p><u>Menu 19</u> Chicken Supreme Diced Sweet Potatoes Okra and Tomatoes Fresh Fruit Wheat Roll Margarine Cranberry Sauce Chocolate Chip Cookies-2 Milk</p>	<p><u>Menu 15</u> Smoked Sausage O'Brien Potatoes Italian Green Beans/Red Peppers Coleslaw/Carrots Diced Onions Hot Dog Bun Mustard/Ketchup Oatmeal Crème Pie Milk</p> <p><u>Menu 20</u> Grape Juice Italian Mac Casserole Green Beans Tossed Salad/Ranch Dressing Texas Bread Margarine Chocolate Cake Milk</p>
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