


OCTOBER

ADSS NUTRITION PROGRAM

FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu 1 1 Blended Juice Chicken Tetrizzini Tuscan Blend Vegetables Fresh Orange Whole Grain Bread Margarine Chocolate Pudding 1% Milk	Menu 2 2 Sliced Meatloaf / Apple Brown Gravy Mashed Potatoes Turnip Greens Strawberry Applesauce Cornbread Margarine Oatmeal Cookie 1% Milk/ Buttermilk	Menu 3 3 Ham & Swiss/Pretzel Bun Three Bean Salad Potato Salad Peaches Mustard & Mayonnaise Yellow Cake 1% Milk/Chocolate Milk	Menu 4 4 Baked Lemon Pepper Chicken Thigh Rice Pilaf Carrot Coins Mixed Fruit Whole Grain Roll Margarine Fruited Peach Gelatin 1% Milk	Menu 5 5 Grape Juice BBQ Pork Riblet Mashed Potatoes Green Peas/ Red Pepper Whole Grain Bread Margarine Hot Peach Crisp Dessert 1% Milk
 <p>Columbus Day</p> <p>No Vendor Meal</p>	Menu 7 9 Beef Tacos: Ground Beef Shredded Lettuce Cheese & Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce & Sour Cream Fruited Strawberry Gelatin 1% Milk	Menu 8 10 Orange Pineapple Juice Mojo Chicken Drums (2) Yellow Rice/ Tomato & Pepper Mixed Vegetables Cornbread Margarine White Cake 1% Milk/Buttermilk	Menu 9 11 Turkey Salad Sandwich Three Bean Salad Broccoli Salad Citrus Fruit Salad Whole Grain Bread - 2 slices ea. Apple Spice Cookie 1% Milk	Menu 10 12 Beef Hot Dog/Bun Coleslaw Baked Beans Pineapple Tidbits Ketchup/Mustard/Diced Onions Banana Pudding 1% Milk
Menu 11 15 Baked Chicken Thigh Collard Greens Mashed Sweet Potatoes Applesauce Cornbread Margarine Sugar Cookie 1% Milk/Buttermilk	Menu 12 16 Egg Salad Carrot Raisin Salad Mixed Green Salad/Italian Dressing Mixed Fruit Whole Grain Bread Margarine Fruited Raspberry Gelatin 1% Milk	Menu 13 17 Pork Chop Patty/ Sweet & Sour Sauce Brown Rice Sesame Green Beans Pineapple Tidbits Dinner Roll Margarine Vanilla Pudding 1% Milk/Chocolate Milk	Menu 14 18 Chicken Garden Casserole Summer Blend Vegetables Carrots Fresh Banana Whole Grain Bread Margarine Hot Apple Crisp Dessert 1% Milk	Menu 15 19 Meatballs (5) Spaghetti/Tomato Sauce California Vegetable Blend Pears Garlic Roll Margarine Chocolate Cake 1% Milk
Menu 16 22 Smoked Sausage/Bun Hot German Potato Salad Cabbage and Carrots Fresh Apple Mustard Banana Mini Moon Pie 1% Milk	Menu 17 23 Chicken Breast/ Cacciatore Sauce Garlic Mashed Potatoes Broccoli Cuts Mandarin Oranges Whole Grain Bread Margarine Chocolate Pudding 1% Milk	Menu 18 24 Turkey Sausage Links (4) Country Pepper Gravy Cheese Grits Stewed Tomatoes Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk	Menu 19 25 Flame Broiled Beef Patty/Bun Mixed Vegetables Lettuce, Tomato, & Onion Baked Beans Pears Ketchup, Mustard, Mayonnaise Vanilla Mini Moon Pie 1% Milk/Chocolate Milk	Menu 20 26 Spanish Beef Vegetable Casserole Parslied Rice Mixed Greens Applesauce Cornbread Margarine Fruited Orange Gelatin 1% Milk/Buttermilk
Menu 1 29 Blended Juice Chicken Tetrizzini Tuscan Blend Vegetables Fresh Orange Whole Grain Bread Margarine Chocolate Pudding 1% Milk	Menu 2 30 Sliced Meatloaf/ Apple Brown Gravy Mashed Potatoes Turnip Greens Strawberry Applesauce Cornbread Margarine Oatmeal Cookie 1% Milk/ Buttermilk	Menu 3 31 Ham & Swiss/Pretzel Bun Three Bean Salad Potato Salad Peaches Mustard & Mayonnaise Yellow Cake 1% Milk/Chocolate Milk	