

October 7  
Ham and Bean Soup  
Sliced Turkey and Swiss  
Whole Grain Wrap  
Pickled Beet Salad  
Tropical Fruit Salad

October 8  
Chicken Fajita Salad  
with Ranch Dressing  
Chuckwagon Corn Salad  
Tortilla Chips  
Oatmeal Cookie

October 9  
Ham, Turkey, Swiss  
Whole Grain Bread  
Broccoli Salad  
Peaches  
Fresh Banana

October 10  
Greek Salad  
with Breaded Chicken Strips  
Pasta Salad  
Pineapple Tidbits  
Fresh Apple

October 11  
Breaded Chicken Fillet  
with Bacon and Ranch  
Whole Grain Wrap  
Creamy Cole Slaw  
Fresh Banana

October 14  
Ham Salad  
Croissant  
Pickled Beet Salad  
Mandarin Oranges  
Sugar Cookie

October 15  
Sliced Turkey and Swiss Cheese  
Whole Grain Wrap  
Three Bean Salad  
Mandarin Oranges  
Fresh Apple

October 16  
Chicken Craisin Salad  
Whole Grain Bread  
Tropical Fruit Salad  
Carrot & Raisin Salad

October 17  
Beef Barley Soup  
Chicken Salad Wrap  
Whole Grain Wrap  
Fresh Apple  
Pepper Slaw

October 18  
Chicken Cobb Salad  
Blue Cheese Dressing  
Pasta Salad  
Fresh Apple

October 21  
Crispy Chicken Salad  
with Ranch Dressing  
Mandarin Oranges  
Pepper Slaw  
Dinner Roll

October 22  
Turkey and Provolone Cheese  
Whole Grain Bread  
Pepper Slaw  
Cottage Cheese with Apple Butter  
Fresh Orange

October 23  
Ham Salad  
Whole Grain Bread  
Carrot & Raisin Salad  
Banana Pudding  
Fresh Orange

October 24  
Beef Vegetable Soup  
Tuna Salad  
Whole Grain Wrap  
Baby Carrots  
Mandarin Oranges  
Fresh Pear

October 25  
Italian Hoagie  
Sandwich Roll  
Creamy Cole Slaw  
Mandarin Oranges

October 28  
Antipasta Salad  
with Italian Dressing  
Macaroni Salad  
Minted Pears  
Fresh Clementine  
Dinner Roll

October 29  
Chicken Salad  
Whole Grain Wrap  
Pepper Slaw  
Sliced Apples

October 30  
Chicken Noodle Soup  
Bacon, Lettuce, Tomato  
Whole Grain Bread  
Pears  
Pepper Slaw

October 31  
Ham, Turkey, Swiss  
Whole Grain Bread  
Cinnamon Apples  
Broccoli Salad

November 1  
Chef Salad  
with Ranch Dressing  
Macaroni Salad  
Mandarin Oranges  
Fresh Orange