

Mon	Tue	Wed	Thu	Fri
3 Turkey & noodles 8 oz over Mashed pot 4 oz Mixed vegetables 4 oz Blushing pears 4 oz Sweet muffin Milk	4 Ham & broccoli cass. Tomato salad 4 oz Peaches 4 oz Mixed fruit crisp Bread Milk	5 Beef cutlet w/Spanish sauce over Rice 4 oz Parslied carrots 4 oz Pineapple 4 oz Roll Milk	6 Baked chicken Baked potato/margarine Peas 4 oz Strawberries 4 oz Wheat roll Milk	7 Autumn Soup 8 oz Three bean salad 4 oz Mandarin oranges 4 oz Bread pudding w/lemon sauce Crackers-2 Milk
10 Ham chowder 8 oz Broccoli 4 oz Mixed fruit 4 oz Cheddar dill bread Milk	11 Oven fried fish with Tartar sauce Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Milk	12 Chicken salad 3 oz on a Bun Vegetable soup 6 oz Banana Vanilla pudding 4 oz Crackers-2 Milk	13 Spaghetti w/meat sc 8 oz Mixed green salad 4 oz Salad dressing Peaches 4 oz White cake Garlic bread Milk	14 Hot turkey sandwich (mashed pot 4 oz, gravy, bread) German mixed vgs 4 oz Pears 4 oz Milk
17 Cranberry meatballs Baked potato/margarine Broccoli 4 oz Mixed fruit 4 oz Bread Milk	18 Pork patty 3 oz on a Bun with set up Parslied carrots 4 oz Strawberries 4 oz Milk	19 Southwest chicken bake Hominy 4 oz Mandarin oranges 4 oz Quick & easy fruit dessert Milk	20 Liver & onion in gravy OR Beef cutlet in gravy Mashed pot. 4 oz /Gravy Green beans 4 oz Pears 4 oz Roll Milk	21 Chicken & rice soup 8 oz Cole slaw 4 oz Hot spiced peaches 4 oz Crackers-2 Peanut butter cookie Milk
24 Ham & beans 8 oz Potatoes & onions 4 oz Parslied carrots 4 oz Blueberries 4 oz Cornbread Milk	25 Scalloped chicken Sweet potatoes 4 oz Broccoli 4 oz Ambrosia fruit salad 4 oz Milk	26 Poor boy stew 8 oz Mandarin oranges 4 oz Gingersnap cookie Crackers-2 Milk	27 Pork & noodle cass 8 oz Cole slaw 4 oz Peaches 4 oz Wheat bread Milk	28 Taco salad (lettuce, to- mato, cheese, chips) Salsa Strawberries 4 oz Cinnamon roll Milk
31 Harvest turkey soup 8 oz Corn o brien 4 oz Cranberry sauce 4 oz Apple crisp Crackers-2 Milk	Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	Birthday Day - 13th Choice Day - 20th Circled Days - meals that freeze well		