

**FRIENDSHIP CENTER MENU OCTOBER 2019**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>
	Pork Pozle Tortilla Chips Shredded Cabbage Orange  1% Low Fat Milk	Spaghetti w/ Meatsauce WG Garlic Bread Zucchini Grapes  1% Low Fat Milk	Beef Burrito Green Salad Melon  1% Low Fat Milk	Roasted Chicken WG Dinner Roll Ratatouille Applesauce  1% Low Fat Milk
<b>7-Oct</b>	<b>8-Oct</b>	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>
Cheeseburger Potato Wedges Pluots  1% Low Fat Milk	Beef Taco Plate WG Brown Rice Pico De Gallo Grapes  1% Low Fat Milk	Baked White Fish WG Lemon Pasta Braised Spinach Melon  1% Low Fat Milk	Meatloaf and Gravy WG Stuffing Green Beans Applesauce  1% Low Fat Milk	Veggie Chili WG Cheese Quesadilla Apple  1% Low Fat Milk
<b>14-Oct</b>	<b>15-Oct</b>	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>
Stir Fry Teryaki Chicken and Veggies WG Brown Rice Melon  1% Low Fat Milk	Spaghetti w/ Meatballs WG Garlic Bread Zucchini Orange  1% Low Fat Milk	Chicken Chile Verde WG Cilantro Lime Rice Mandarin Orange Coleslaw  1% Low Fat Milk	Beef & Broccoli WG Sesame Noodles Grapes  1% Low Fat Milk	Roast Turkey Mashed Potatoes & Gravy Peas & Carrots Apple  1% Low Fat Milk
<b>21-Oct</b>	<b>22-Oct</b>	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>
Orange Chicken WG Brown Rice Stir Fry Veggies Orange  1% Low Fat Milk	Hot Turkey Sandwich WG Stuffing and gravy Green Beans Applesauce  1% Low Fat Milk	Baked Ziti w/ Beef Marinara WG Garlic Bread Steamed Broccoli Banana  1% Low Fat Milk	Lemon Chicken WG Veggie Pasta Salad Grapes  1% Low Fat Milk	Chicken Tortilla Soup Cucumber Melon Salad  1% Low Fat Milk
<b>28-Oct</b>	<b>29-Oct</b>	<b>30-Oct</b>	<b>31-Oct</b>	
Beef Stew w/ Root Veggies Whole Grain Roll Pluot  1% Low Fat Milk	Pork Loin Rosemary Potatoes Green Beans Applesauce  1% Low Fat Milk	Beef Lasagna WG Garlic Bread Braised Spinach Carrot Pineapple Salad  1% Low Fat Milk	Chicken Enchiladas WG Brown Rice Pinto Beans Melon  1% Low Fat Milk	

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