

October 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c	2 *Hamburger 3 oz Ketchup 2 PC *Broasted Potatoes ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun Banana	3 *Sliced Ham, 3 oz *WG Noodles, ½ c *Green Peas, ½ c *Butternut Squash, ½ c Whole Grain White Applesauce, ½ c	4 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c
7 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c	8 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c Whole Grain White Sliced Pears ½ c	9 *Beef Sloppy Joe 4 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c	10 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain Wheat Fresh Fruit	11 *Tuna Salad 3 oz Spring Mix 1 c. Italian dressing 1 PC Three Bean Salad ½ c 2 Whole Grain Wheat WG Cinnamon Roll 2 oz Orange
14 Columbus Day Site Closed	15 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Applesauce ½ c	16 *Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c	17 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Baby Carrots ½ c Mixed Vegetables ½ c Whole Grain Wheat Tropical Fruit ½ c	18 *Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz *Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana
21 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c	22 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz	23 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Honey Biscuit 2 oz Banana	24 *Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables ½ c Peppers and onions ½ c Whole Grain Wheat Pineapple Chunks ½ c	25 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Orange
28 *Stuffed Cabbage 6 oz *Tomato Sauce 2 oz *Noodles ½ c *Kyoto Blend Vegetables ½ c Whole Grain Wheat Apricots ½ c	29 *BBQ Rib Patty 3 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c 2 Whole Grain Wheat Red Grapes ½ c	30 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	31 *Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Bun Mandarin Oranges ½ c	