

October 2021 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Corndogs, steak fries, fresh fruit, chocolate chip cookies	
3	4	5	6	7	8	
	Ravioli French bread, green beans, snicker doodle cookies	Tacos, tortilla chips, and frosted brownies	Mini pizzas, tossed salad, fresh fruit, cherry layer desserts	Burritos, rice mexicorn, chocolate chip muffins	Pork chop sandwiches, ww buns, pasta salad, monster cookies	
10	11	12	13	14	15	
	Turkey Bacon sandwiches, chips, fresh fruit, frosted pumpkin bars	Sloppy Jo's, jo jo's, and sugar cookies	Chicken alfredo, carrots, breadsticks, mini cheesecakes	Taco soup, corn chips and wedding	Tater tot casserole, ww rolls, peanut butter cookies	
17	18	19	20	21	22	
	Hot dogs, ww buns, chips, and layered pudding	Goulash, ww rolls, Fresh fruit, and strawberry fluff	Travel Home Breakfast sandwiches, potato wedges, coconut macaroons			
24	25	26	27	28	29	
Travel Return	Chicken strips, French fries, and brookies	Mac n' Cheese, little smokies, green beans, lemon bars	Bacon cheesburgers, ww buns, French fries, chocolate chip cookies	Spaghetti, breadsticks, peas, coffee cookies	Chicken drummies, potato salad, applesauce, chocolate cupcakes	
31	Available daily: tossed salad, a bean or legume, apples, oranges, carrots, canned fruit, yogurt, cold water, choices of milk including skim, 1% white and fat free chocolate. Cottage cheese is available at most meals.					
Happy Halloween!						

FUN FACT:

Halloween is said to have its roots in an ancient Celtic celebration in Ireland and Scotland called Samhain. Samhain marked the end of summer.

People at the time were frightened of evil spirits. They would dress up in costumes and make noise in the streets in order to make the spirits go away.

