



For nutritional Information,
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October 2020 Café Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sloppy Joe Chips Buttered Corn Banana Pudding	2 No Lunch
5 Hamburgers FF Green Beans Chocolate Oreo Pudding	6 Chicken Fingers Rice Sweet Peas Rolls Rice Krispy Treats	7 Spaghetti, Sautéed Mushrooms & onions House Salad Bread Sticks Strawberry Shortcake	8 Baked Chicken Roasted Potatoes Steamed Cauliflower Apple Cobbler	9 Corn Dog Chips/Dip Glazed Carrots Assorted Cookies
12 Columbus Day	13 Parmesan Chicken w/Linguini Caesar Salad Steamed Squash Bread Pudding	14 Poppy Seed Casserole White Rice Turnip Greens Sweet Rolls Jell-O w/fruit	15 Baked Ziti Texas Toast Broccoli w/cheese Upside down pineapple Cake	16 Salisbury Steak w/brown gravy Mashed potatoes Roasted Corn Shubert Rolls Brownies
19 Chili Mac Sweet Roll House Salad Fruit- Roll Up	20 Ravioli House Salad Bread Sticks Birthday Cake	21 Chicken Patty Sandwiches Mac and Cheese Steamed Tomatoes w/feta Pound Cake	22 Turkey Melts Chips Steamed Veggies Tomato Basil Peach Cobbler	24 Pot Roast Scallop Potatoes English Peas Sister Shubert Rolls Oreo Cookies
26 Cheese Pizza Fresh Steam Broccoli Pretzel w/Cheese	27 Chicken Stir Fry Fried Rice Spring Roll Fortune Cookie	28 Lasagna House Salad Bread Sticks Fruit Cobbler	29 Country Fried Steak w/white gravy Black eyed peas Biscuits Cheesecake	30 Grilled Cheese Chips Tomato Soup Veggies Moon Pie



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatball Hoagie Corn Chips Glazed Carrots Pudding Cups	1 Corn Dog Potato Wedges Fruit Roll- ups	2 Poppy Seed Casserole White Rice Sweet Peas Roll Cookies	3 Tater Tot Casserole House Salad Peach Cobbler	4 Chicken Fingers French Fries Pastries
7 Labor Day	8 Hamburger FF Brownies	9 Ravioli Caesar Salad Bread Sticks Oreo Cookies	10 Chicken Patty Sandwich Mac and Cheese Fruit Snack	11 Pizza Salad Bread Sticks Moon Pie
14 Fish Sandwich Potato Wedges Pudding Cups	15 BBQ Sandwich Potato Salad Baked Beans Chocolate Cake	16 Chicken Alfredo Green Beans Sweet Roll Fudge Brownie	17 Spaghetti House Salad Bread Sticks Cookies	18 Turkey Melts Chips Teddy Grahams
21 Shepherd's Pie Roasted Cauliflower	22 Salisbury Steak w/rice and gravy Fresh Squash Roll Pound Cake	23 Grilled Cheese Chips Apple Crisp	24 Baked Ziti Green Salad Bread Sticks Rice Krispy Treats	25 Eggs, sausage, Grits, biscuits and gravy Donuts
28 Chili Dog Crinkle FF Gummy Bears	29 Lasagna House Salad Bread Sticks Cheese Cake	30 Chicken Pot Pie Fresh Broccoli Chocolate Cake		