Aŋpétu Téča Education Center Kitchen 651 604-3518

OCTOBER 2023 FLAMING SPOON MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
SWISS STEAK	CHICKEN CORDON BLEU	PORK LOIN	BEEF LASAGNA	BEEF STROGANOFF
BAKED POTATO	RICE PILAF	MUSHROOM/ONION GRAVY	GARLIC TOAST	EGG NOODLES
WITH SOUR CREAM	STEAMED BROCCOLI	WHIPPED POTATOES	ITALIAN BLEND VEGETABLES	CALIFORNIA BLEND VEGETABLES
STEAMED CARROTS	BANANA	CAPRI BLEND VEGETABLES	CHILLED PEARS	CHILLED PEACHES
CHILLED FRUIT	DESSERT	CHILLED PINEAPPLE	DESSERT	
9	10	CHICKEN ALA KING 11	12	13
SWEET & SOUR MEATBALLS	PIZZA BURGER	BUTTERY BISCUIT	TATOR TOT HOTDISH	BEEF CHILI
BROWN RICE	WITH MOZZARELLA CHEESE	MASHED POTATOES	STEAMED CARROTS	STEAMED CORN
ASIAN VEGETABLES	SEASONED POTATOES	STEAMED VEGETABLE	BAKED WHEAT ROLL	CHILLED PEARS
CHIILLED PINEAPPLE	STEAMED CARROTS	CHILLED PEACHES	CHILLED FRUIT	WARM CORNBREAD
FORTUNE COOKIE	CHILLED MIXED FRUIT	DESSERT		DESSERT
16	NATIONAL PASTA DAY 17	18	19	20
LEMON PEPPER TILAPIA	BAKED PENNE	LU'S HOMEMADE MEATLOAF	ALL BEEF POLISH SAUSAGE	BEEF & CHICKEN BOOYA
RICE PILAF	STEAMED BROCCOLI	MASHED POTATOES	WITH SAUERKRAUT	HOT VEGETABLE
CALIFORNIA BLEND VEG	FRENCH BREAD	STEAMED GREEN BEANS	WHOLE GRAIN BUN	MANDARIN ORANGES
WHEAT ROLL	CHILLED PEARS	CHILLED PEACHES	BAKED BEANS	WARM CORNBREAD
FRUIT COCKTAIL	DESSERT		FRESH PEAR	DESSERT
CHICKEN CHOW MEIN 23	24	25	ROAST BEEF 26	27
BROWN RICE	BREAKFAST FOR LUNCH	SLOPPY JOE	MASHED POTATOES	CHICKEN ALFREDO
CRUNCHY NOODLES	ENGLISH MUFFIN WITH EGG	WHOLE GRAIN BUN	STEAMED GREEN BEANS	STEAMED GREEN BEANS
ASIAN STIR FRY VEGETABLES	TURKEY SAUSAGE & CHEESE	BAKED CHIPS	FRUIT COCKTAIL	MANDARIN ORANGES
BANANA	BREAKFAST POTATOES	STEAMED PEAS & CARROTS	ROLL	FRENCH BREAD
FORTUNE COOKIE	CINNAMON APPLESAUCE	WARM APPLE SLICES	DESSERT	DESSERT
30	31		14	
BEEF & BROCCOLI	MUSHROOM BURGER	2215		
BROWN RICE	ON A WHOLE GRAIN BUN	meals	Poger ille	
STEAMED CAPRI VEGETABLES	SEASONED POTATOES	wheels	Roseville Area Schools	
CHILLED FRUIT	MIXED VEGETABLES	Unice	Quality Teaching & Learning for All	
DESSERT	FRESH PEAR		Equity in All We Do	