

October 2024 ELC Breakfast and Lunch Menu

October 1

Breakfast: Sausage Biscuit w/ Gravy, Pureed Yogurt, Applesauce, Juice, Milk

Lunch: Spaghetti, Glazed Carrots, Green Beans, Canned Pears

October 2

Breakfast: French Toast w/ Fruit Compote, Pureed Fruit & Yogurt, Applesauce, Juice, Milk

Lunch: Salisbury Steak, Green Beans, Mashed Potatoes, Fruit Cobbler

October 3

Breakfast: Chicken Biscuit w/ Gravy, Pureed Cream of Wheat, Applesauce, Juice, Milk

Lunch: Chicken Nuggets w/ Country Gravy, Mashed Potatoes, Green Beans, Fruit Cobbler

October 4

Breakfast: Blueberry Muffin w/ Fruit Compote, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Macaroni & Cheese, Tomato Soup, Creamed Spinach, Fruit Cobbler

October 7

Breakfast: Oatmeal w/ Fruit Compote, Applesauce, Juice, Milk

Lunch: Beef & Cheese Nachos, Seasoned Black Beans, Cauliflower, Sliced Peaches

October 8

Breakfast: Chicken & Waffles, Pureed Yogurt, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl w/ Cheese & Chicken, Glazed Carrots, Green Beans, Spiced Applesauce

October 9

Breakfast: Cinnamon Roll w/ Sausage, Pureed Fruit & Yogurt, Applesauce, Juice, Milk

Lunch: Turkey Alfredo, Green Beans, Glazed Carrots, Fruit Cobbler

October 10

Breakfast: Cream of Wheat w/ Fruit Compote, Applesauce, Juice, Milk

Lunch: Chili, Mashed Potatoes w/ Gravy, Glazed Carrots, Fruit Cocktail

October 11

Breakfast: Pancakes & Sausage, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Green Chili Cheese Burrito w/ Nacho Cheese, Mixed Vegetables, Green Beans, Mandarin Oranges

October 15

Breakfast: Holiday Meal, Applesauce, Juice, Milk

Lunch: Spaghetti, Glazed Carrots, Green Beans, Canned Pears

October 16

Breakfast: French Toast w/ Fruit Compote, Pureed Fruit & Yogurt, Applesauce, Juice, Milk

Lunch: Salisbury Steak, Green Beans, Mashed Potatoes, Fruit Cobbler

October 17

Breakfast: Chicken Biscuit w/ Gravy, Pureed Cream of Wheat, Applesauce, Juice, Milk

Lunch: Chicken Nuggets w/ Country Gravy, Mashed Potatoes, Green Beans, Fruit Cobbler

October 18

Breakfast: Blueberry Muffin w/ Fruit Compote, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Macaroni & Cheese, Tomato Soup, Creamed Spinach, Fruit Cobbler

October 21

Breakfast: Oatmeal w/ Fruit Compote, Applesauce, Juice, Milk

Lunch: Beef & Cheese Nachos, Seasoned Black Beans, Cauliflower, Sliced Peaches

October 22

Breakfast: Chicken & Waffles, Pureed Yogurt, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl w/ Cheese & Chicken, Glazed Carrots, Green Beans, Spiced Applesauce

October 23

Breakfast: Cinnamon Roll w/ Sausage, Pureed Fruit & Yogurt, Applesauce, Juice, Milk

Lunch: Turkey Alfredo, Green Beans, Glazed Carrots, Fruit Cobbler

October 24

Breakfast: Cream of Wheat w/ Fruit Compote, Applesauce, Juice, Milk

Lunch: Chili, Mashed Potatoes w/ Gravy, Glazed Carrots, Fruit Cocktail

October 25

Breakfast: Pancakes & Sausage, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Green Chili Cheese Burrito w/ Nacho Cheese, Mixed Vegetables, Green Beans, Mandarin Oranges

October 28

Breakfast: Fruit & Yogurt Parfait, Applesauce, Juice, Milk

Lunch: Cheese Enchiladas, Seasoned Black Beans, Green Beans, Canned Peaches

October 29

Breakfast: Sausage Biscuit w/ Gravy, Pureed Yogurt, Applesauce, Juice, Milk

Lunch: Spaghetti, Glazed Carrots, Green Beans, Canned Pears

October 30

Breakfast: French Toast w/ Fruit Compote, Pureed Fruit & Yogurt, Applesauce, Juice, Milk

Lunch: Salisbury Steak, Green Beans, Mashed Potatoes, Fruit Cobbler

October 31

Breakfast: Chicken Biscuit w/ Gravy, Pureed Cream of Wheat, Applesauce, Juice, Milk

Lunch: Chicken Nuggets w/ Country Gravy, Mashed Potatoes, Green Beans, Fruit Cobbler

Menus are subject to change without notice due to price and availability of food

This institution is an equal opportunity provider.