



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hello, October! Crisp days. Cozy meals.		01 LUNCH: Grilled Hamburger WW Roll • Baked Potato • Southern Coleslaw with Mustard Vinaigrette SNACK: Orzo Pasta Salad & String Cheese	02 LUNCH: Egg Salad Sandwich WW Bread • Par Steamed Broccoli • Sliced Cucumbers with Ranch Dressing SNACK: WW Goldfish Crackers & Pineapple
05 LUNCH: Teriyaki Chicken w/Veggies Brown Rice • Edamame Coleslaw • Vinaigrette SNACK: Cottage Cheese & Pineapple	06 LUNCH: Beef Meatloaf WW Biscuit • Mashed Potatoes • Cold Pea Salad SNACK: Lentil Salad & WW Pita	07 LUNCH: Chicken Mac & Cheese Steamed Green Beans • Par Steamed Carrots SNACK: Animal Crackers & Sliced Ham	08 LUNCH: Curried Red Beans & Rice Cucumber Salad • Fresh Banana SNACK: Zesty Chex & String Cheese	09 LUNCH: Italian Macaroni Salad Ranch Dip • Par Steamed Carrots • Fresh Orange SNACK: WW Apple Cinnamon Muffin & Applesauce
12 LUNCH: Beef Tacos WW Tortilla • Pinto Beans • Cold Corn SNACK: WW Pumpkin Muffin & Sliced Turkey	13 LUNCH: Chicken Paprikash WW Pasta • Garden Salad with Ranch Dressing • Par Steamed Broccoli SNACK: WW Graham Crackers & Sliced Peaches	14 LUNCH: Beef & Spanish Rice Sauteed Zucchini • Par Steamed Cauliflower SNACK: Pinto Bean Dip & WW Tortilla	15 LUNCH: Three Bean Chili WW Cornbread • Steamed Mixed Veggies • Sliced Pears SNACK: Yogurt & Granola	16 LUNCH: Tuna Salad Sandwich WW Bread • Sliced Cucumbers with Ranch Dip • Par Steamed Carrots SNACK: Soft Pretzel Bites & String Cheese
19 LUNCH: Meatballs in Marinara WW Pasta • Par Steamed Cauliflower • Par Steamed Carrots SNACK: Animal Crackers & String Cheese	20 LUNCH: Tortellini Soup w/Beans WW Breadstick • Steamed Corn • Applesauce SNACK: Cheesy Drop Biscuit & Sliced Peaches	21 LUNCH: BBQ Chicken Sandwich WW Roll • Baked Potato • Southern Coleslaw with Mustard Vinaigrette SNACK: Cottage Cheese & Cinnamon Apples	22 LUNCH: Beef w/Mushrooms Mashed Potatoes • Par Steamed Broccoli • WW Biscuit SNACK: Hummus & Pita	23 LUNCH: Turkey & Cheese Sandwich WW Bread • Provolone Cheese • Chickpea Salad • Par Steamed Carrots SNACK: WW Banana Muffin & Yogurt
26 LUNCH: Refried Bean Burrito WW Tortilla • Shredded Cheddar • Grilled Bell Peppers • Cold Corn Salad SNACK: WW Goldfish Crackers & Sliced Ham	27 LUNCH: Chicken Nuggets Coleslaw with Coleslaw Dressing • Cold Chickpea Salad SNACK: WW Graham Crackers & Applesauce	28 LUNCH: Beef Goulash WW Pasta • Garden Salad with Ranch Dressing • Cinnamon Apples SNACK: WW Zucchini Muffin & Pineapple	29 LUNCH: White Chicken Chili WW Cornbread • Baked Sweet Potatoes • Par Steamed Carrots SNACK: Saltine Crackers & String Cheese	30 LUNCH: Chicken Salad Pita Sliced Cucumber with Ranch Dip • Par Steamed Cauliflower SNACK: WW Soft Pretzel Bites & Sliced Peaches