

## CHRIST DIVINE OCTOBER 2018

| <u>MONDAY</u>   | <u>TUESDAY</u>   | <u>WEDNESDAY</u>   | <u>THURSDAY</u>  | <u>FRIDAY</u>   |
|---|--|--|--|---|
| <b>1</b>  | <b>2</b>   | <b>3</b>   | <b>4</b>   | <b>5</b>  |
| <b>Steak &amp; American Cheese Hoagie</b><br><b>1/2c Steak Fries</b><br><b>1/2c Southern Style Cole Slaw</b><br>Fresh Orange<br>1/2c Peaches<br>1/2pt Milk  | <b>Cheesburger on Whole Wheat Bun w/</b><br>1/2c Leaf <b>lettuce</b> & <b>tomato</b><br>Ketchup<br><b>1/2c Baked Beans</b><br>1/2c Mandarin Oranges<br>1 Piece Fresh Fruit<br>1/2pt Milk                       | <b>Totally Taco in a bag</b><br>(Taco Meat & shred. cheese w/ corn chips w/<br>1/2c <b>lettuce</b> & <b>tomato</b> )<br>1 taco sauce pack<br><b>1/2c Corn</b><br>1/2c Mixed Fruit<br>1 Piece Fresh Fruit<br>1/2pt Milk | <b>Salisbury Steak w/ Gravy</b><br><b>1/2c Whipped Potatoes</b><br><b>1/2c Garlic Green Beans</b><br><b>Wheat Bread</b><br>Banana<br>1/2c Peaches<br>1/2pt Milk  | <b>Chicken Alfredo w/ WG Pasta</b><br><b>1/2c Cherry Tomatoes</b><br><b>1/2c Broccoli Buddies</b><br>Ranch<br>1/2c Applesauce<br>1 Piece Fresh Fruit<br>1/2pt Milk                          |
| <b>8</b>  | <b>9</b>   | <b>10</b>  | <b>11</b>  | <b>12</b>   |
| <b>Popcorn Chicken w/BBQ</b><br>1/2c <b>Carroteenies</b><br>Ranch Packet<br>Wheat Dinner Roll<br><b>1/2c Tater tots w/ ketchup</b><br>1/2c Pineapple Tidbits<br>1 Piece Fresh Fruit<br>1/2pt Milk | <b>Sloppy Joe</b><br><b>1/2c Green Beans</b><br><b>1/2c Baked Beans</b><br><b>Wheat BBQ Bun</b><br>1/2c Mixed Fruit<br>1 Piece Fresh Fruit<br>1/2pt Milk   | <b>Chicken n Gravy over Biscuit or Wheat Bread w/</b><br><b>1/2c Whipped Potatoes</b><br><b>1/2c Spinach Salad w/</b><br>Ranch Packet<br>1/2c Applesauce<br>1 Piece Fresh Fruit<br>1/2pt Milk                          | <b>Burger w/ on Whole Wheat Bun w/</b><br>1/2c <b>lettuce</b> & <b>tomato</b><br>1 Ketchup Packet<br><b>1/2c Steamed Broccoli</b><br>1/2c Mandarin Oranges<br>1 Piece Fresh Fruit<br>1/2pt Milk          | <b>Shaved Turkey Ham &amp; Swiss Cheese</b><br>1/2c <b>Baby Carrots</b><br>1/2c Sweet Potato Casserole<br>Panini or Wheat Bread<br>1/2c Chilled Pears<br>1 Piece Fresh Fruit<br>1/2pt Milk  |
| <b>15</b>   | <b>16</b>  | <b>17</b>  | <b>18</b>  | <b>19</b>   |
| 2oz Chicken Strips &<br>1c Leaf Lettuce, 1/2oz Cheese<br>1/2c Tomatoes & Cucumbers<br>Ranch Dressing<br>1 Wheat Dinner Roll<br>Fresh Orange<br>1/2c Peaches<br>1/2pt Milk                         | <b>Totally Taco in a Bag</b><br>(Taco Meat & shred. cheese) corn chips<br><b>1/2c Tomato &amp; Lettuce</b><br><b>1/2c Cucumber Slices, Cauliflower, Celery</b><br>Fresh Banana<br>1/2c Fruit Mix<br>1/2pt Milk | <b>Roast Beef n Swiss w/1/2c Tomato &amp; Lettuce on WW Bun</b><br>Mayo Pkt<br><b>1/2c Baked Beans</b><br>1/2c Cinnamon Applesauce<br>1 Piece Fresh Fruit<br>1/2pt Milk  | <b>Popcorn Chicken Bowl</b><br>3oz Popcorn chicken<br><b>1/2c Mashed Potatoes</b><br><b>1/2c Corn</b><br>Red Delicious Apple<br>1/2c Mixed Fruit<br>1/2pt Milk   | <b>Pizzaburger w/ 1/2oz Cheese &amp; Pizza Sauce</b><br><b>1/2c Tater tots w/ketchup</b><br><b>1/2c Romaine &amp; Tomatoes</b><br>Ranch Dressing<br>Fresh Fruit<br>1/2c Pears<br>1/2pt Milk |
| <b>22</b>   | <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>   |
| <b>Chicken n Gravy over Biscuit or Wheat Bread w/</b><br><b>1/2c Whipped Potatoes</b><br><b>1/2c Spinach Salad w/</b><br>Ranch<br>Fresh Fruit<br>1/2c Pineapple<br>1/2pt Milk                     | <b>Mighty Meatball Hoagie</b><br>(3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun)<br>1/2c Corn<br><b>1/2c Salad Cup w/ Ranch</b><br>1/2c Applesauce<br>1 Piece Fresh Fruit<br>1/2pt Milk        | <b>Salisbury Steak w/ Gravy</b><br><b>1/2c Potato Wedges</b><br><b>1/2c Garlic Green Beans</b><br><b>Wheat Bread</b><br>Fresh Apple<br>1/2c Peaches<br>1/2pt Milk  | <b>Turkey Sandwich w/ Shaved Turkey &amp; Swiss Cheese</b><br><b>1/2c Carroteenies</b><br><b>1/2c Bean Medley (cold)</b><br><b>Panini or Wheat Bun</b><br>1/2c Diced Pears<br>Fresh Banana<br>1/2pt Milk | <b>Pasta &amp; Meat Sauce</b><br><b>1/2c Cherry Tomatoes</b><br><b>1/2c Romaine Lettuce</b><br>1 Ranch Packet<br>1/2c Mixed Fruit<br>1 Piece Fresh Fruit<br>1/2pt Milk                      |
| <b>29</b>   | <b>30</b>  | <b>31 Halloween</b>  |  |   |
| <b>Popcorn Chicken Bowl</b><br>3oz Popcorn chicken<br><b>1/2c Mashed Potatoes</b><br><b>1/2c Corn</b><br>Red Delicious Apple<br>1/2c Mixed Fruit<br>1/2pt Milk                                    | <b>Mighty Meatball Hoagie</b><br>(3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun)<br>1/2c Green Beans<br><b>1/2c Salad Cup</b><br>1/2c Applesauce<br>1 Piece Fresh Fruit<br>1/2pt Milk          | <b>Totally Taco in a Bag</b><br>(Taco Meat & shred. cheese) corn chips<br><b>1/2c Tomato &amp; Lettuce</b><br><b>1/2c Cucumber Slices, Cauliflower, Celery</b><br>Fresh Banana<br>1/2c Fruit Mix<br>1/2pt Milk         |    |  <p>The Nutrition Group</p>  |



All meals include 8oz milk



**Daily Milk Choices:**  
**Skim, Flavored, Fat Free, 1% White**