

October 2020 Lunch Menu

Approved by Sarah Bair NDTR/CDM/CFPP

Mountain Home Senior Center				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				FISH Scalloped Potato Stewed Tomato Fruit WW Bread Milk
5	6	7	8	9
MEAT OAF Mashed W/Gravy Beets Dessert Biscuits Milk		BAKED CHICKEN Green Beans Yellow Squash Salad WW Bread Milk		CHILI RELLENO Peas Cabbage Fruit WW Bread
12	13	14	15	16
CLOSED FOR COLUMBUS DAY		CHICKEN TERIYAKI Rice Carrots Fruit WW Roll & Milk Cake		BEANS AND WIENER Brussel Sprouts Fruit Cornbread Milk
19	20	21	22	23
PIZZA Broccoli Fruit Cobbler Salad Milk		BEEF STROGANOFF Egg Noodles Spinach Beets Bread Sticks Milk		CHICKEN RICE Califlower Mixed Vegetables WW Roll Milk
26	27	28	29	30
PORK ROAST Oven Roasted Carrots Bread Stick Milk Cookie		COUNTRY FRIED STEAK Mashed W/Gravy Normandy Vegetables Salad Biscuits Milk		GOBLIN SURPRISE HALLOWEEN LUNCH
All meals include milk and whole wheat unless otherwise specified				