## NorthWest Senior and Disability Services Frozen Menu Cycle 424 October-December 2024

1         2         3         4         4         5           Clicken John         Park File Ske Minder Vegtable         VC Trees Owner File Ske Toola File         Normal File Ske WC com P 6 Tools Minder Vegtable         Normal File Ske WC com P 7 Tools Minder Vegt		NAME OF THE OWNER	and and the set		TRIO Community Meals
Disk free Rec Minder Vegetables         V"Cheere State Pris Sources for State Minder Vegetables         U"Comm, Propries Source Winder Vegetables         Citicker Rec Sole Sources         Citicker Rec Sole Sources         Sources Sources           Minder Vegetables Minder Vegetables         Minder	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Disk Trigol Rev Minds Vegetables         V"Cheese Suce Prix Sourcese Gravy Prix Prix Prix Prix Prix Prix Prix Prix	Chicken Lo Mein	Brunch for Lunch	Herbed Chicken Patty	Spaghetti & Meat Sauce	Around the World
Torgain Frait groups of the standard of corpus Mile         Puri Source for yow Mode Vegatables         Med Vegatabl	Pork Fried Rice	Cheese Omelet		Chicken Rice Bake	New! Beef Shawarma
Torgain Frait groups of the standard of corpus Mile         Puri Source for yow Mode Vegatables         Med Vegatabl		w/Cheese Sauce			Homestyle Turkey Patty
januare Maraal men de paralases Margarine Margarine Sprouted Wheat Vegetables Margarine Margari	-				
Mile Margarine         Miled Vegetables Sprode/WhatBerry Variat Margarine         Mile Water Kernel Carn Mile Margarine         Mile Margarine         Mile Margari				-	
Margarine         Spranted Winestrey Bread Mik         Wheat Bread Mik         Margarine         Miled Winest Mirgarine         Miled Mile Mile         Margarine         Miled Mile Mile           c         7         2         3         3         3           c         7         8         9         3					New! Lemon Rice
Treib Baran         Milk         Margerine         Milk         Margerine         Milk           General Space Rescue         7         2         2         3         3           Chicken Space Rescue         Worksinsen Succe         Milk Margerine         Crode Chicken         Around the World         Milk           Paste Remark         Wilkinsen Succe         Milk Margerine         Crode Chicken         Around the World         Result           Special Pacific         Wilkinsen Succe         Milk Margerine         Milk         Result         Result           Milk         Margerine         Special Pacific         Milk	Milk	Mixed Vegetables	Whole Kernel Corn	Milk	Tomato & Corn Medley
Milk Margarine         Margarine         Margarine         Margarine           6         7         8         9         0.20           6         7         8         9         0.20           6         7         8         9         0.20           6         7         8         9         0.20           6         7         8         9         0.20           6         7         8         9         0.20           6         7         8         9         0.20         7           6         0         7         0.20         7         8         0.20         7         8         0.20         7         8         7         9         7         7         8         0.20         7         8         0.20         7         8         0.20         7         1	Margarine	Sprouted Wheatberry Bread	Wheat Bread	Margarine	Mixed Vegetables
Margarine         margarine <thmargarine< th=""> <thmargarine< th=""> <th< td=""><td></td><td>Fresh Banana</td><td>Milk</td><td></td><td>Wheat Bread</td></th<></thmargarine<></thmargarine<>		Fresh Banana	Milk		Wheat Bread
Margarine         margarine <thmargarine< th=""> <thmargarine< th=""> <th< td=""><td></td><td>Milk</td><td>Margarine</td><td></td><td>Milk</td></th<></thmargarine<></thmargarine<>		Milk	Margarine		Milk
6         7         8         9         13           VF Prot Reamson Functions sounds Rele Reamson Spice Planches prot de Name Spice Planches mutuel Minestervy Read Minest Minest Mute Minest Margarine         Create Chicken Minest Withore Planches Planches Minest M					Margarine
VF         Peter Anomanoff         WMarina's Sauce         Meetrooff	6	7	8	9	10
Chuckwagon Cam spiced Pactors     Herhod Chicken Party (Chicken Berty Miled Vegetables     w/Dipo Autors     Beef Party W2BG Stace Whileped Pattors     W/Dipo Autors       Mile     Tropical Frait     Miled Vegetables     Whole Kernel Com     Spin Wheat Bread     Whole Kernel Com     Spin Wheat Bread     Spin Wheat Bread     Wheat Bread     Wheat Bread     Wheat Bread     Wheat Bread     Mile       1     12     12     13     14     16     16     16       1     12     13     14     16     16     16     16     16     16     16     16     16     16     16     16     16     16     16     17     16     12     16     12     16     12     16     12     16	Chicken Spanish Rice Bake	V Cheese Lasagna Roll Up	Creole Chicken	Around the World	Lima Beans & Turkey
Chuckwagon Cam spiced Pactors     Herhod Chicken Party (Chicken Berty Miled Vegetables     w/Dipo Autors     Beef Party W2BG Stace Whileped Pattors     W/Dipo Autors       Mile     Tropical Frait     Miled Vegetables     Whole Kernel Com     Spin Wheat Bread     Whole Kernel Com     Spin Wheat Bread     Spin Wheat Bread     Wheat Bread     Wheat Bread     Wheat Bread     Wheat Bread     Mile       1     12     12     13     14     16     16     16       1     12     13     14     16     16     16     16     16     16     16     16     16     16     16     16     16     16     16     17     16     12     16     12     16     12     16     12     16	✓ Pasta Romanoff	w/Marinara Sauce	Meatloaf	New! Chicken Thigh (Boneless) Cuban Citrus Mojo	Roast Pork
Spice of Fearles prouted Whestberry Bread Milk         w//Crotron Rise Tropical Fruit.         Whipped Potatoes Sprouted Whestberry Bread Milk         Whipped Potatoes Milk         Price Beams Worker and Com Whest Bread         Whipped Potatoes Wilk           11         12         13         34         92           12         13         34         92         93         96         96           12         13         34         34         92         93         96         96           13         24         34         34         92         96         97         96			•		w/Dijon Mustard Sauce
prouted Wheatherry Bread Milk         Mined Vegetables Sprouted Wheatherry Bread Milk         Mined Vegetables Sprouted Wheathery Bread Milk         Mined Vegetables Sprouted Wheathery Bread Milk         Mined Vegetables Sprouted Wheathery Bread Milk         Whoe Kernel Com Milk         Sprouted Wheathery Margarine           12         12         13         6         5         5           Herked Chcken Patry Wreader Pollock Fish Wheat Fread         Chcken In Fannat Sauce Beef Janabe Pie Variant Sauce (Chcken Patros         13         7.4         5         5           Winel Vegetables Winel Vegetables Minel Vegetables Minel Vegetables Minel Vegetables Minel Vegetables Minel Vegetables Minel Vegetables Minel Vegetables Minel Vegetables Sprouted Wheat Fread Minel Vegetables Minel Vegetables Minel Vegetables Sprouted Wheat Fread Minel Vegetables Minel Vegetables Sprouted Wheat Fread Minel Vegetables Minel Vegetables Sprouted Wheat Fread Minel Vegetables	-				
Mik         Tropical Fruit         Sprouted Wheatberry Bread Mills         Wheat Bread Margarine         Margarine         M					Whipped Potatoes
Margarine         Sprouled /Meathery Bread         Milk         Fresh Bannas         Milk           1         12         13         14         13         14           Herbed CSkken Patty         Chicken in Peanut Sauce         Beef Tamah Pie         Cround Reef Stew         Whete Stew	prouted Wheatberry Bread	Mixed Vegetables	Mixed Vegetables	Whole Kernel Corn	Spinach
Milk         Margarine         Milk         Margarine         Milk         Margarine         Milk         Margarine         Margarine         Milk         Margarine	Milk	Tropical Fruit	Sprouted Wheatberry Bread	Wheat Bread	Wheat Bread
Milk         Margarine         Ma					Milk
Marganine         Marganine         Marganine         Marganine           13         13         14         15           Herbed Chcken Patty         Chicken in Penun State         Beef Ston Wirker State (PC)         Ground Beef Stew         Beef Ston Wirker State (PC)         Beef Ston Wirker State (PC)         Spinach         Wirker Steve Uniped Polatoks         Mised Vegetables         Spinach         Wirker Steve Uniped Polatoks         Mised Vegetables         Spinach         Mised Vegetables         Winker Steve Uniped Polatoks         Mised Vegetables         Mised Vegetables         Mised Vegetables         Winker Steve Uniped Polatok         Mised Vegetables         Mised Vegetables <t< td=""><td></td><td></td><td></td><td></td><td></td></t<>					
1         12         13         34         14           Herbed Chicken Patry W/Poultry Grow Breaded Politock riph Breaded Bread Broccoli Mike Vegetables Broccoli Mike Vegetables Broccoli Mike Vegetables Sprouted Wheatherry Bread Fresh Branna Milk Margarine         19         20           21         22         23         24         <			iviai gai ii ie		Margarine
Interded Chicken Patry W/Dutty Group Breaded Pollock Fish World Toray         Chicken In Peanut Sauce over Brown Rice Berd Josopho Cosserole W/Tarta Sauce (PC)         Office Status Section Cosserole Spinach         East Tartage Terratal Pie Turkey Tetraziani Prinsepple Tidbits Miked Vegetables         Office Status What Bread         Berd Status What Bread         What Bread What Bread         Berd Status What Bread           Miked Vegetables         Wheat Bread         Mik         Margarine         Milk         Margarine           16         17         18         19         20         20           Chicken Pastina         Shouy Chicken Thigh Source A Sour Park         Child Margarine         Milk         Margarine           16         17         18         19         20         20           Chicken Pastina         Shouy Chicken Thigh Source A Sour Park         Child Margarine         Margarine         Berd Rol Chill         Margarine           Mike         Margarine         Brocoli         Brocoli         Margarine         Sprouted Wheathery Bread         Milk         Milk           Margarine         Sprouted Wheathery Bread         Milk         Margarine         Milk         Milk           Mike Argarine         Sprouted Wheathery Bread         Milk         Margarine         Margarine         Milk           Margarine <td< td=""><td>11</td><td></td><td>13</td><td>-</td><td>15</td></td<>	11		13	-	15
wither formy     over Brown Rice     Turkey Petrazzini     ✓Three Cheese Lasgna     White Second       Winzer Souce (PC)     Spinach     Spinach     Chuckwagon Corn     Miked Vegetables       Winzer Souce (PC)     Mikel Vegetables     Mikel Vegetables     Spinach     Mikel Second       Winzer Souce (PC)     Mikel Vegetables     Mikel Vegetables     Mikel Vegetables     Whete Second       Mikel Margarine     Mikel Vegetables     Mikel Vegetables     Mikel Vegetables     Mikel Vegetables       16     17     18     19     22       Chicken Pastina     Show Chicken Thigh     Chill Meatballi     Mexicon Posta Boke     V Spicy South       Mikel Vegetables     Peas & Carrots     Delmonic Potables     Spinach     Vheie Kern       Mik     Spirouted Wheatberry Bread     Mikel Vegetables     Spirouted Wheatberry Bread     Mikel Vegetables       Mik     Spirouted Wheatberry Bread     Mikel Vegetables     Spirouted Wheatberry Bread     Mikel Vegetables       Mik     Mikel Vegetables     Spirouted Wheatberry Bread     Mikel Vegetables     Spirouted Wheatberry Bread     Mikel Vegetables       Mike     Mikel Vegetables     Spirouted Wheatberry Bread     Mikel Vegetables     Mikel Vegetables       Mike     Spirouted Wheatberry Bread     Mikel Vegetables     Spirouted Wheatberry Bread					Beef Stroganoff
Bended Pallock Fish Writards Succe (PC) Writards Succe (PC)         Beef (signad Caserole Spinach         Chuckwagon Corn Pineapple Tollbis         Mixed Vegetables         Mixed Vegetables         Mixed Vegetables         Mixed Vegetables         Wheat Bread         Mixed Vegetables         Wheat Bread         Beef & Sour Park         Wheat Bread         Beef & Sour Park         WisSpicy Tomato Sauce         Mexicon Parks Book         V Spicy South         V Spicy South         V Spicy South         Mixed Vegetables         Sprouted WheatBrery Bread         Sprouted WheatBrery Bread         Mexicon Parks         Wheat Bread         Mixed Vegetables         Sprouted WheatBrery Bread         Mixed Vegetables         Mixed Vegetables         Mixed Vegetables         Mixed Vegetables         Mixed Vegetables         Mixed Vegetables         Mixed	,				White Bean Chicken Chil
w/Tartor Source (PC)     Spinach     Pineapple Tidbits     Mandar Oranges     Whole Kerad       Wheat Bread     Mike     Margarine     Mike     Margarine     Wheat Bread     Mik       Mike     Margarine     Mike     Margarine     Mike     Margarine     Mike       16     17     16     19     20       Chicken Pastina     Shoyu Chicken Tingh     Chili Masthalis     Turkey Rice Bake     Bavaraina Masaraine Margarine Mik Margarine     Turkei Bavaraina Bavaraina Masaraina Bavaraina Masaraina Bavaraina Masaraina Margarine Mik Margarine     Mik Margarine Margarine Mik Margarine     Mik Margarine Margarine Mik Margarine     Mik Margarine Margarine Mik Margari			•	_	
Winged Potatoes     Mied Vegetables     Sprouted Wheat Bread     Milk     Milk     Fresh Banana     Fresh Milk       Mike     Margarine     10     12     18     19     20       16     17     18     19     20       Chicken Pastina     Shoyu Chicken Thigh     Milk     Margarine     Milk     Mexican Pasta Bake     Vilasi Bararian Milk     Milk Mili Mili Mili Mili Mili Mili Mili				-	Glazed Carrots
Mixed Vegetables         Wheat Bread         Milk         Milk         Milk         Fresh Banana         Fresh Manana           Milk         Margarine         Milk         Margarine         Milk         Margarine           16         17         18         19         20           Chicken Pastina         Shoyu Chicken Thigh         Chilk Mastabils         Turkey Rice Bake         Beavraina B           Beef & Benchill         Sweet & Saure Park         Wispicy Tomato Sauce         Westik: Chicken         Signot A         Mexicon Pasta Bake         Pigsty South           Wheat Bread         Brown Rice         Wastain Chicken         Sprouted Wheatberry Bread         Milk         Margarine         24         22         23         24         22         23         24         25         25         25         25         26         26         25         25         25         26         26         25         26         26         26         26         26         26         26         26 <t< td=""><td>w/Tartar Sauce (PC)</td><td>Spinach</td><td>Pineapple Tidbits</td><td>Mandarin Oranges</td><td>Whole Kernel Corn</td></t<>	w/Tartar Sauce (PC)	Spinach	Pineapple Tidbits	Mandarin Oranges	Whole Kernel Corn
Wheat Bread     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine       15     17     18     19     22       Chicken Pastina     Shoyu Chicken Thigh Sweet & Sour Pork     Turkey Rice Bake Mised Vegetables     Turkey Rice Bake Mised Vegetables     Sporut Orkicken Brown Rice     Turkey Rice Bake Margarine     Sporut Mice Vegetables     Peas & Carrots     Delmonico Potatoes     Tropical Fuit     Tropical Miked Vegetables     Sporuted Wheatberry Bread     Mike Margarine     Mike     Milk     Milk       10     Amagarine     Fresh Banana Milk     Margarine     Milk     Milk     Milk       21     22     24     22     24     22       V Macaroni & Cheese Spinach     Scalloped Potatoes & Turkey Beef Rigatoni Bake Sporuted Wheatberry Bread     Chicken Terlyaki Sandwich Hinderszije Pork Patty     Chicken Terlyaki Sandwich Kiekel Vegetables     Beef Firi Chicken Terlyaki Sandwich Mikel Vegetables     Beef Firi Chicken Spinach     Milk Milk     Margarine       Mike Vegetables     Toropical Fruit     Whole Keer     Whole Keer     Chicken Milk     Milk Milk       Mike Vegetables     Toropical Fruit     Whole Keer     Milk Milk     Milk     Milk       Mike Vegetables     Toropical Fruit     Whole Keer     Sporuted Wheatberry Bread     Sporuted Whea	Whipped Potatoes	Mixed Vegetables	Sprouted Wheatberry Bread	Wheat Bread	Wheat Bread
Wheat Bread     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine     Milk Margarine       15     17     18     19     22       Chicken Pastina     Shoyu Chicken Thigh Sweet & Sour Pork     Turkey Rice Bake Mised Vegetables     Turkey Rice Bake Mised Vegetables     Sporut Orkicken Brown Rice     Turkey Rice Bake Margarine     Sporut Mice Vegetables     Peas & Carrots     Delmonico Potatoes     Tropical Fuit     Tropical Miked Vegetables     Sporuted Wheatberry Bread     Mike Margarine     Mike     Milk     Milk       10     Amagarine     Fresh Banana Milk     Margarine     Milk     Milk     Milk       21     22     24     22     24     22       V Macaroni & Cheese Spinach     Scalloped Potatoes & Turkey Beef Rigatoni Bake Sporuted Wheatberry Bread     Chicken Terlyaki Sandwich Hinderszije Pork Patty     Chicken Terlyaki Sandwich Kiekel Vegetables     Beef Firi Chicken Terlyaki Sandwich Mikel Vegetables     Beef Firi Chicken Spinach     Milk Milk     Margarine       Mike Vegetables     Toropical Fruit     Whole Keer     Whole Keer     Chicken Milk     Milk Milk       Mike Vegetables     Toropical Fruit     Whole Keer     Milk Milk     Milk     Milk       Mike Vegetables     Toropical Fruit     Whole Keer     Sporuted Wheatberry Bread     Sporuted Whea	Mixed Vegetables	Wheat Bread	Milk	Fresh Banana	Fresh Apple
Milk Margarine     Margarine     Margarine <th< td=""><td>-</td><td></td><td></td><td></td><td></td></th<>	-				
Margarine     0     0     0       16     17     18     19     20       Chicken Pastina     Shoyu Chicken Thigh     Sure & Sour Pork     Wisploy Tomato Sauce     Mexican Posto Bake     Visploy South       Mised Vegetables     Peas & Carrots     Delmonico Potatoes     Tropical Fruit     Sported Wheatberry Bread     Wheat       Miki     Sported Wheatberry Bread     Sported Wheatberry Bread     Miki     Miki     Miki       Miki     Sported Wheatberry Bread     Miki     Miki     Miki     Miki       Margarine     Fresh Banana     Fresh Banana     Miki     Miki     Miki       Margarine     Sported Wheatberry Bread     Margarine     Margarine     Margarine       21     22     23     24     22       V Macaroni & Cheese     Scalloped Potatoes & Turkey     Homestyle Pork Party     Italian Souzage (link) Sandwich     Chicken New Sanger San			Margarine		
16         17         18         19         22           Chicken Pastina Beef & Bean Chill Whole Kernel Corn         Shoyu Chicken Thigh Sweet & Sour Park Brown Rice         Chill Meatballs wifspicy Transo Sauce Walkik Chicken         Turkey Rice Bake Markan Detaines Super Walkik Chicken         Spinach         Wohle Kernel Tropical Fruit         Spinach         Whole Kernel Tropical Fruit         Milk         <		Margarine		Margarine	Margarine
Chicken Pastina     Shoyu Chicken Thigh     Chili Meatballs     Turkey Rice Bake     Bavarian B       Bed & Bean Chili     Sweet & Sour Pork     w/Spicy Tomato Sauce     Mexicon Pasta Bole     \$\frace{V}_Spicy SouthW       Whole Kerel Corn     Brown Rice     Beas & Carrots     Delmonico Potatoes     Tropical Fruit     Sprouted Wheatberry Bread       Milk     Broccoli     Sprouted Wheatberry Bread     Sprouted Wheatberry Bread     Milk     Milk       Margarine     Fresh Banana     Fresh Banana     Fresh Banana     Margarine     Margarine       21     22     23     24     22       V Macaroni & Cheese     Scalloped Potatoes & Turkey     Chicken Tariyaki Sandwich     Beef Fri       Sprouted Wheatberry Bread     Milk     Margarine     Milk     Meaga       Wheat Bread     Sprouted Wheatberry Bread     Chicken Tariyaki Sandwich     Beef Fri       Mike Vegetables     Tropical Fruit     Whipped Potatoes     Chicken Tariyaki Sandwich     Beef Fri       Mike Vegetables     Tropical Fruit     Milk     Milk     Milk     Milk     Milk       Margarine     Margarine     Milk     Milk     Milk     Milk     Milk     Milk       Margarine     Margarine     Milk     Milk     Milk     Milk     Milk     Milk <td>Margarine</td> <td></td> <td></td> <td></td> <td></td>	Margarine				
Beef & Bean Chill     Sweet & Sour Pork     w/Spicy Tomato Sauce     Mexicon Pasta Bake     ✓ Spicy South       Whole Kernel Corn     Brown Rice     Wakiki Chicken     Spinach     Tropical Fruit       Mike Vegetables     Broccoli     Mike Vegetables     Sprouted Wheatberry Bread     Milk     Milk       Milk     Sprouted Wheatberry Bread     Milk     Milk     Milk     Milk       Margarine     Fresh Banana     Milk     Margarine     Milk     Margarine       21     22     23     24     22       V Maccorni & Cheese     Scalloped Potatoes & Turkey     Chicken A La King     Holitalino Sourceg (IIIk) Sondwich     Chicken Teriyaki Sandwich     Chicken Sondwich     Chicken Teriyaki Sandwich     Chicken Sondwich     Milk     Whole Kere       Mik     Milk     Milk     Sprouted Wheatberry Bread     Sprouted Wheatberry Bread     Milk     Milk<					20
Whole Kernel Corn Mixed VegetablesBrown Rice Peas & CarrotsWinkik Chicken Delmonico PotatoesSpinach Tropical FruitWhole Ker Tropical FruitMilkSprouted Wheatberry Bread Fresh Banana MilkSprouted Wheatberry Bread Fresh Banana MilkSprouted Wheatberry Bread Fresh Banana MilkSprouted Wheatberry Bread Fresh Banana MilkMargarineMilkMilk212223242222232422V Macaroni & CheeseScalloped PotatoesScalloped PotatoesChicken At a King Whole KerChicken Standwich Whole KerChicken Brunswick StewBeef Rigatoni Bake Sprouted Wheatberry Bread Sprouted Wheatberry BreadChicken At a King Whole KerChicken Standwich Whole KerMilkMilkMilkWinged PotatoesChicken Standwich Whole KerBeef Rigatoni Bake Winged PotatoesChicken Standwich Whole KerMiked VegetablesTropical Fruit MargarineWinged PotatoesChicken Standwich Wheat BreadChicken Standwich Wheat BreadMilkMilkMilkMilkMilkMilkMilkMargarineMargarineBeB Diced Chicken Standwich Hamburger WCampfire SauceStieed Ham W/Poultry Gravy Windped PotatoesPatter Vot What BreadMilkMilkMilkMilk10/3010/3111/811/2611/210/3010/3111/8Salisbury Steak Salisbury SteakTerlyaki Matalalis Terlyaki Matalalis10/3010/3111/8Salisbury Steak	Chicken Pastina	Shoyu Chicken Thigh	Chili Meatballs	-	Bavarian Beef Stew
Mixed Vegetables Wheat BreadPeas & Carrots BroccoilDelmonico Potatoes Miked VegetablesTropical FruitTropical Wheat Miked VegetablesMilk MargarineBroccoilSprouted Wheatberry Bread Fresh Banana MilkMilkMilkMilkMilk MargarineMilkMargarineMilkMargarine2122232422V Macroni & Chese SpinachScalloped Potatoes & Turkey Miked VegetablesChicken At a King WiPork GravyChicken Erryaki Sandwich Utolion Sousage (link) Sandwich Miked VegetablesBeef Rigatoni Bake WiPork GravyChicken Sandwich Utolion Sousage (link) Sandwich Wibiged PotatoesChicken SaMiked VegetablesTropical FruitWhiped Potatoes Sprouted Wheatberry BreadPeas & CarrotsTropical Fruit Wheat BreadWheat Weat WeatMilkMilkMilkMilkMilkMilk MilkMilkMargarineMilkSprouted Wheatberry BreadBBQ Diced Chicken Sandwich Hamburger w/Campfire Saue Whole Kernel CronRoasted Turkey W/Poultry GravySalisbury MargarineHalloween SpecialHalloween SpecialMilkGreen Beans GraveWiPoultry Gravy MilkWiPoultry Gravy Milk10/3010/3111/811/2611/210/3010/3111/8Terryaki Saue WiPoidtry GravyWiPoidtry Gravy Milk10/3010/3111/8Terryaki Saue Milk10/3010/3111/8Terryaki Saue Bread Chicken Party Milk10/3010/31<	Beef & Bean Chili	Sweet & Sour Pork	w/Spicy Tomato Sauce	Mexican Pasta Bake	Spicy Southwest Pasta
Mixed Vegetables Wheat BreadPeas & Carrots BroccoliDelmonico Potatoes Mixed VegetablesTropical FruitTropical Wheat Mixed VegetablesMilk MargarineBroccoliMilkMilkMilkMilkMilk MargarineMilkMilkMargarineMilkZ122232422Vacaroni & Chese SpinachScalloped Potatoes & Turkey Mixed VegetablesChicken Ata King WiPork GravyChicken Chriski Sandwich Urboled PotatoesBeef Rigatoni Boke WiPork GravyChicken Chriski Sandwich Urboled PotatoesChicken Sa Wiboled PotatoesWheat BreadSprouted Wheatberry Bread Mixed VegetablesMixed Vegetables WiPork GravyChicken Sa WiPork GravyMixed VegetablesWhole Kerel Chicken Sa Wibed PotatoesWheat BreadSprouted Wheatberry Bread Mixed VegetablesMilkMilkWhole Mixed VegetablesWhole Kerel Mixed VegetablesChicken Als MilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMilkMargarineMilkMargarineStewed Tomatoes<	Whole Kernel Corn	Brown Rice	Waikiki Chicken	Spinach	Whole Kernel Corn
Wheat Bread MilkBroccoli Sprouted Wheatberry Bread Fresh Banana MilkSizouted Wheatberry Bread Sprouted Wheatberry Bread Fresh Banana MilkSprouted Wheatberry Bread Fresh Banana MilkSprouted Wheatberry Bread MargarineSprouted Wheatberry Bread MargarineMilkMilk2122232422222324222324222324242223242225262223242226272324222327282425242528Scaloped PotatoesSturkey Wheat BreadBeef Rigatoni Bake Wiped PotatoesChicken Party Wheat BreadBeef Rigatoni Bake Wiped PotatoesChicken Sarty Wheat BreadMilkBeef Rigatoni Bake Wiped PotatoesChicken Sarty Wheat BreadMilkBeef Rigatoni Bake Wiped PotatoesChicken Sarty Wineat Wheat BreadMilk <t< td=""><td></td><td>Peas &amp; Carrots</td><td>Delmonico Potatoes</td><td>Tropical Fruit</td><td>Tropical Fruit</td></t<>		Peas & Carrots	Delmonico Potatoes	Tropical Fruit	Tropical Fruit
Milk Margarine     Sprouted Wheatberry Bread Fresh Banana     Sprouted Wheatberry Bread Fresh Banana     Milk Margarine     Milk Beef Rigotoni Bake Miked Vegetables     Chicken A La King Miked Vegetables     Chicken Fryski Sandwich Miked Vegetables     Chicken Sprouted Wheatberry Miked Vegetables     Chicken Sprouted Wheatberry Peas & Carrots     Italian Sousoge (link) Sandwich Mike     Chicken Sprouted Wheatberry Miked Vegetables     Mike Wheat Bread     Mike     Mi	-				
Margarine         Fresh Banana Milk         Fresh Banana Milk         Margarine         Margarine           21         22         23         24         25           V Macaroni & Cheese         Scalloped Potatoes & Sturkey Bee R (lightoni Bake Mixed Vegetables         Chicken A La King         Chicken Terryaki Sandwich         Bee Fri Lightoni Bake           Chicken Brunswick Stew Spinach         Bee R (lightoni Bake Mixed Vegetables         Tropical Fruit         White Potatoes         Chuckwagon Corn         Mixed Vegetables           Wheat Bread         Sprouted Wheatberry Bread         Peas & Carrots         Tropical Fruit         Wheatberry Bread         Hot Dog Bun         Fresh / Tropical Fruit           Milk         Milk         Milk         Milk         Milk         Milk         Milk           Margarine         Milk         Milk         Milk         Milk         Milk         Milk           Margarine         Margarine         Milk         Milk         Milk         Milk         Milk           Margarine         Milk         Milk         Milk         Milk         Milk         Milk         Milk           Margarine         Chicken W/Paprika Cream Sauce         Bed Diced Chicken Sandwich         Roasted Turkey         Salisbury           W/Poultry Gravy         Whi					
Milk     Milk     Milk       21     22     23     24     25       V Macaroni & Cheese     Scalloped Potatoes & Turkey     Beef Rigatoni Bake     Chicken A La King     Chicken Teriyaki Sandwich     Chicken Feriyaki Sandwich     Mike Vegetables     Whoed Vegetables     Mike     Margarine	Milk	Sprouted Wheatberry Bread	Sprouted Wheatberry Bread	Milk	Milk
Margarine     Margarine     Margarine       21     22     23     24     25       Macaroni & Cheese     Scalloped Potatoes & Live     Chicken A La King     Chicken Stadwich     Beef Rigatoni Bake     Mixed Vegetables     Whole Ker       Miked Vegetables     Tropical Fruit     Whiped Potatoes     Chuckwagon Corn     Mixed Vegetables     Whole Ker       Milk     Milk     Milk     Margarine     Wile Vegetables     Tropical Fruit     Wheat       Margarine     Sprouted Wheatberry Bread     Hot Dog Bun     Fresh /     Mike     Mike       Margarine     Margarine     Milk     Milk     Milk     Milk     Milk       Margarine     Margarine     Milk     Milk     Milk     Milk     Milk       Margarine     Margarine     Milk     Milk     Milk     Milk     Milk       # Alloween Special     Chicken w/Paprika Cream Sauce     Beef Mushroom Patty     BBQ Diced Chicken Sandwich     Roasted Turkey     Salisbury Gravy     Wolow Workore       Whole Kernel Corn     Stewed Tomatoes     Tater Tots     Margarine     Wolow Workore     Wolow Workore     Wolow Workore       Milk     Margarine     Milk	Margarine	Fresh Banana	Fresh Banana	Margarine	Margarine
21     22     23     24     25       ✓ Macaroni & Cheese     Scalloped Potatoes & Turkey     Beef Rigotoni Boke     Chicken Teriyaki Sandwich     Beef Rigotoni Boke       Spinach     Mixed Vegetables     Tropical Fruit     Homestyle Pork Patty     Mixed Vegetables     Whoek Gravy       Wiked Vegetables     Tropical Fruit     Whoek Gravy     Mixed Vegetables     Whoek Gravy     Mixed Vegetables     Whoek Spinach     Mixed Vegetables     Whoek Gravy     Mixed Vegetables     Mixed Vegetables     Whoek Gravy     Mixed Vegetables     Mixed Vegetab		Milk	Milk		
Macaroni & Cheese     Scalloped Potatoes & Turkey     Chicken Runswick Stew     Scalloped Potatoes & Turkey     Chicken A La King     Chicken Terriyaki Sandwich     Beef Frig       Chicken Brunswick Stew     Beef Rigotoni Bake     Homestyle Pork Patty     Italian Sousage (link) Sandwich     Chicken Sei       Mixed Vegetables     Tropical Fruit     Whiped Potatoes     Mixed Vegetables     Whole Ker       Wheat Bread     Sprouted Wheatberry Bread     Peas & Carrots     Tropical Fruit     Wheat       Milk     Milk     Milk     Sprouted Wheatberry Bread     Milk     Milk       Margarine     Margarine     Milk     Milk     Milk     Milk       Path w/Peper Onion Gravy     Chicken Special     Veteran's Day Special     Thanksgiving Special     Thanksgiving Special       Yeaty w/Peoper Onion Gravy     Chicken w/Paprika Cream Sauce     BBQ Diced Chicken Sandwich     Roasted Turkey     Slaibury       w/Poultry Gravy     Garlic Whipped Potatoes     Tater Tots     w/Poultry Gravy     W/Poremany     W/Poremany       Wheat Bread     Milk     Margarine     Milk     Milk     Milk     Milk     Milk       Whoat Bread     Milk     Margarine     Milk     Milk     Milk     Milk     Milk       Milk     Margarine     Milk     Milk     Milk     Milk <td></td> <td>Margarine</td> <td>Margarine</td> <td></td> <td></td>		Margarine	Margarine		
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Sliced Carrots     Milk     Broccoli     Glazed Carrots       Wheat Bread     Margarine     Wheat Bread     Wheat Bread       Milk     Milk     Milk     Milk					
Wheat Bread     Margarine     Wheat Bread     Wheat Bread       Milk     Milk     Milk	Whipped Potatoes	Wheat Bread	Whipped Potatoes	O'Brien Potatoes	
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		Barnie			
Manager and Annual A					
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Vew/ denotes vegetarian option

amanda Ochoa, RD, LDN