





October MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Mushroom & Onion Burger w/Gravy Baked Fries Veggie Blend Apple</p>	<p>2</p> <p>Grilled Chicken Breast Fajita Peppers Green Beans Yellow Squash WW Roll Banana</p>	<p>3</p> <p>Creole Meatloaf Broccoli & Cauliflower Mac & Cheese WW Roll Fruit Cup</p>
<p>6</p> <p>Chicken & Herbed Gravy Mashed Potatoes Chopped Asparagus Banana</p>	<p>7</p> <p>Chicken Ranchero Black Beans Spanish Rice WW Tortilla Picante Sauce Diced Pear Cup</p>	<p>8</p> <p>Beef Penne Veggie Blend Steamed Broccoli WG Breadstick</p>	<p>9</p> <p>Pineapple & Mango Chicken Breast Butternut Squash Seasoned Zucchini WW Roll Apple</p>	<p>10</p> <p>Chicken Pasta Salad Carrots Bell Pepper & Onion Tomatoes Orange</p>
<p>13</p> <p>Swedish Turkey Crumble Egg Noodles Chopped Greens Steamed Corn Diced Peach Cup</p>	<p>14</p> <p>Cheese Ravioli Marinara Sauce Black-Eyed Peas Green Beans Banana</p>	<p>15</p> <p>Beef Stir-Fry with Veggies Teriyaki Glaze Brown Rice Veggie Blend Orange</p>	<p>16</p> <p>Rosemary Chicken Mac & Cheese Veggie Blend Cantaloupe Cup WW Roll</p>	<p>17</p> <p>Chicken Fajitas Brown Rice Black Beans WW Tortilla Orange</p>
<p>20</p> <p>King Ranch Chicken Red Potatoes Steamed Carrots WW Roll Mango & Papaya Cup</p>	<p>21</p> <p>Chicken Salad Fresh Baby Spinach Diced Tomatoes & Cucumbers Shredded Carrots Ranch Dressing</p>	<p>22</p> <p>Carne Guisada Black Beans Spanish Rice WW Tortilla Picante Sauce Orange</p>	<p>23</p> <p>Shepherd's Pie Green Beans Seasoned Cauliflower WW Roll Banana</p>	<p>24</p> <p>Chicken Tenders with Country Gravy Sweet Potatoes Veggie Blend WW Roll Apple</p>
<p>27</p> <p>Pork Riblet BBQ Sauce Mashed Potatoes Seasoned Zucchini WW Roll Banana</p>	<p>28</p> <p>Turkey Tetrazzini Rotini Pasta Broccoli & Cauliflower Yellow Squash WW Roll Mandarin Orange Cup</p>	<p>29</p> <p>Creole Chicken Veggie Blend Baked Fries WW Roll</p>	<p>30</p> <p>Spaghetti with Meatballs Butternut Squash Green Beans WG Breadstick</p>	<p>31</p> <p>Orange Chicken Brown Rice Veggie Blend Veggie Egg Roll Orange</p>

Menus are subject to change based on product availability.