



October MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger Soup Green Salad Roll Fruit	2 Spaghetti with Meatballs Green Salad Breadstick Fruit
5 John Wayne Casserole Zucchini Roll Fruit	6 Frito Pie Fruit Cookie	7 Chicken & Waffles Fruit Yogurt Cup Syrup	8 King Ranch Chicken Pinto Beans Squash Fruit Cup	9 Chicken Tenders Mashed Potatoes Corn Fruit
12 Pork Tenderloin Mashed Potatoes Green Beans Fruit	13 Ravioli Lasagna Green Salad Breadstick Fruit	14 Ruben Sliders Red Cabbage Cinnamon Apples Cookie	15 Hearty Pasta Fagioli Salad Breadstick Fruit	16 Chicken Sandwich Waldorf Salad Coleslaw
19 Chicken Pot Pie with Biscuit Broccoli Fruit Cookie	20 Cuban Pork Casserole Green Beans Roll Pudding Cup	21 Hamburger Three Bean Salad Sweet Potato Fries Pudding Cup	22 Chicken Parmesan Pasta Green Salad Roll Fruit	23 Beef & Bean Burrito Pinto Beans Corn Guacamole
26 Soft Taco Pinto Beans Mexican Rice Fruit	27 Orange Chicken Rice Broccoli Fruit Fortune Cookie	28 Caprese Chicken Breast Spinach Roll Fruit	29 Sub Sandwich Chips Fruit Pudding Cup	30 Pumpkin Chili Green Salad Cornbread

*Menus are subject to change based on product availability.