




**OCTOBER**

**ADSS NUTRITION PROGRAM**



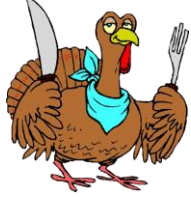

**FALL 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Menu 1</u> 1</p> <p>Blended Juice Chicken Tetrizzini Tuscan Blend Vegetables Fresh Orange Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>	<p><u>Menu 2</u> 2</p> <p>Sliced Meatloaf / Apple Brown Gravy Mashed Potatoes Turnip Greens Strawberry Applesauce Cornbread Margarine Oatmeal Cookie 1% Milk/ Buttermilk</p>	<p><u>Menu 3</u> 3</p> <p>Ham &amp; Swiss/Pretzel Bun Three Bean Salad Potato Salad Peaches Mustard &amp; Mayonnaise Yellow Cake 1% Milk/Chocolate Milk</p>	<p><u>Menu 4</u> 4</p> <p>Baked Lemon Pepper Chicken Thigh Rice Pilaf Carrot Coins Mixed Fruit Whole Grain Roll Margarine Fruited Peach Gelatin 1% Milk</p>	<p><u>Menu 5</u> 5</p> <p>Grape Juice BBQ Pork Riblet Mashed Potatoes Green Peas/ Red Pepper Whole Grain Bread Margarine Hot Peach Crisp Dessert 1% Milk</p>
<p><b>Columbus Day</b></p>  <p><b>No Vendor Meal</b></p> <p>8</p>	<p><u>Menu 7</u> 9</p> <p>Beef Tacos: Ground Beef Shredded Lettuce Cheese &amp; Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce &amp; Sour Cream Fruited Strawberry Gelatin 1% Milk</p>	<p><u>Menu 8</u> 10</p> <p>Orange Pineapple Juice Mojo Chicken Drums (2) Yellow Rice/ Tomato &amp; Pepper Mixed Vegetables Cornbread Margarine White Cake 1% Milk/Buttermilk</p>	<p><u>Menu 9</u> 11</p> <p>Turkey Salad Sandwich Three Bean Salad Broccoli Salad Citrus Fruit Salad Whole Grain Bread - 2 slices ea. Apple Spice Cookie 1% Milk</p>	<p><u>Menu 10</u> 12</p> <p>Beef Hot Dog/Bun Coleslaw Baked Beans Pineapple Tidbits Ketchup/Mustard/Diced Onions Banana Pudding 1% Milk</p>
<p><u>Menu 11</u> 15</p> <p>Baked Chicken Thigh Collard Greens Mashed Sweet Potatoes Applesauce Cornbread Margarine Sugar Cookie 1% Milk/Buttermilk</p>	<p><u>Menu 12</u> 16</p> <p>Egg Salad Carrot Raisin Salad Mixed Green Salad/Italian Dressing Mixed Fruit Whole Grain Bread Margarine Fruited Raspberry Gelatin 1% Milk</p>	<p><u>Menu 13</u> 17</p> <p>Pork Chop Patty/ Sweet &amp; Sour Sauce Brown Rice Sesame Green Beans Pineapple Tidbits Dinner Roll Margarine Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p><u>Menu 14</u> 18</p> <p>Chicken Garden Casserole Summer Blend Vegetables Carrots Fresh Banana Whole Grain Bread Margarine Hot Apple Crisp Dessert 1% Milk</p>	<p><u>Menu 15</u> 19</p> <p>Meatballs (5) Spaghetti/Tomato Sauce California Vegetable Blend Pears Garlic Roll Margarine Chocolate Cake 1% Milk</p>
<p><u>Menu 16</u> 22</p> <p>Smoked Sausage/Bun Hot German Potato Salad Cabbage and Carrots Fresh Apple Mustard Banana Mini Moon Pie 1% Milk</p>	<p><u>Menu 17</u> 23</p> <p>Chicken Breast/ Cacciatore Sauce Garlic Mashed Potatoes Broccoli Cuts Mandarin Oranges Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>	<p><u>Menu 18</u> 24</p> <p>Turkey Sausage Links (4) Country Pepper Gravy Cheese Grits Stewed Tomatoes Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p><u>Menu 19</u> 25</p> <p>Flame Broiled Beef Patty/Bun Mixed Vegetables Lettuce, Tomato, &amp; Onion Baked Beans Pears Ketchup, Mustard, Mayonnaise Vanilla Mini Moon Pie 1% Milk/Chocolate Milk</p>	<p><u>Menu 20</u> 26</p> <p>Spanish Beef Vegetable Casserole Parslied Rice Mixed Greens Applesauce Cornbread Margarine Fruited Orange Gelatin 1% Milk/Buttermilk</p>
<p><u>Menu 1</u> 29</p> <p>Blended Juice Chicken Tetrizzini Tuscan Blend Vegetables Fresh Orange Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>	<p><u>Menu 2</u> 30</p> <p>Sliced Meatloaf/ Apple Brown Gravy Mashed Potatoes Turnip Greens Strawberry Applesauce Cornbread Margarine Oatmeal Cookie 1% Milk/ Buttermilk</p>	<p><u>Menu 3</u> 31</p> <p>Ham &amp; Swiss/Pretzel Bun Three Bean Salad Potato Salad Peaches Mustard &amp; Mayonnaise Yellow Cake 1% Milk/Chocolate Milk</p>		

# NOVEMBER

# ADSS NUTRITION PROGRAM

# FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>Menu 4</u> Baked Lemon Pepper Chicken Thigh 1 Rice Pilaf Carrot Coins Mixed Fruit Whole Grain Roll Margarine Fruited Peach Gelatin 1% Milk	<u>Menu 5</u> Grape Juice 2 BBQ Pork Riblet Mashed Potatoes Green Peas/ Red Pepper Whole Grain Bread Margarine Hot Peach Crisp Dessert 1% Milk
<u>Menu 6</u> Swedish Meatballs (5) Rotini Noodles Zucchini Casserole Carrots Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk & Chocolate Milk 5	<u>Menu 7</u> Beef Tacos: Ground Beef Shredded Lettuce Cheese & Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce & Sour Cream Fruited Strawberry Gelatin 1% Milk 6	<u>Menu 8</u> Orange Pineapple Juice Mojo Chicken Drums (2) Yellow Rice/ Tomato & Pepper Mixed Vegetables Cornbread Margarine White Cake 1% Milk/Buttermilk 7	<u>Menu 9</u> Turkey Salad Sandwich 8 Three Bean Salad Broccoli Salad Citrus Fruit Salad Whole Grain Bread - 2 slices ea. Apple Spice Cookie 1% Milk	<u>Menu 10</u> Beef Hot Dog/Bun 9 Coleslaw Baked Beans Pineapple Tidbits Ketchup/Mustard/Diced Onions Banana Pudding 1% Milk
<b>Veterans Day</b>  <b>No Vendor Meal</b> 12	<u>Menu 12</u> Egg Salad 13 Carrot Raisin Salad Mixed Green Salad/Italian Dressing Mixed Fruit Whole Grain Bread Margarine Fruited Raspberry Gelatin 1% Milk	<u>Menu 13</u> Pork Chop Patty/ Sweet & Sour Sauce 14 Brown Rice Sesame Green Beans Pineapple Tidbits Dinner Roll Margarine Vanilla Pudding 1% Milk/Chocolate Milk	<u>Menu 14</u> Chicken Garden Casserole 15 Summer Blend Vegetables Carrots Fresh Banana Whole Grain Bread Margarine Hot Apple Crisp Dessert 1% Milk	<u>Menu 15</u> Meatballs (5) 16 Spaghetti/Tomato Sauce California Vegetable Blend Pears Garlic Roll Margarine Chocolate Cake 1% Milk
<u>Menu 16</u> Smoked Sausage/Bun 19 Hot German Potato Salad Cabbage and Carrots Fresh Apple Mustard Banana Mini Moon Pie 1% Milk	<u>Menu 17</u> Chicken Breast/ Cacciatore 20 Garlic Mashed Potatoes Broccoli Cuts Mandarin Oranges Whole Grain Bread Margarine Chocolate Pudding 1% Milk	<u>Theme Menu</u> Sliced Turkey/ Gravy 21 Cornbread Dressing Green Bean Almondine Whole Grain Roll Margarine Cranberry Salad Cranberry Sauce Iced Carrot Cake 1% Milk	<b>Happy Thanksgiving</b>  <b>No Vendor Meal</b> 22	<b>Thanksgiving Holiday</b>  <b>No Vendor Meal</b> 23
<u>Menu 1</u> Blended Juice 26 Chicken Tetrizzini Tuscan Blend Vegetables Fresh Orange Whole Grain Bread Margarine Chocolate Pudding 1% Milk	<u>Menu 2</u> Sliced Meatloaf / Apple Brown Gravy 27 Mashed Potatoes Turnip Greens Strawberry Applesauce Cornbread Margarine Oatmeal Cookie 1% Milk/ Buttermilk	<u>Menu 3</u> Ham & Swiss/Pretzel Bun 28 Three Bean Salad Potato Salad Peaches Mustard & Mayonnaise Yellow Cake 1% Milk/Chocolate Milk	<u>Menu 4</u> Baked Lemon Pepper Chicken Thigh 29 Rice Pilaf Carrot Coins Mixed Fruit Whole Grain Roll Margarine Fruited Peach Gelatin 1% Milk	<u>Menu 5</u> Grape Juice 30 BBQ Pork Riblet Mashed Potatoes Green Peas w/ Red Pepper Whole Grain Bread Margarine Hot Peach Crisp Dessert 1% Milk

# DECEMBER

# ADSS NUTRITION PROGRAM

# FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu 6</b> 3 Swedish Meatballs (5) Rotini Noodles Zucchini Casserole Carrots Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk & Chocolate Milk	<b>Menu 7</b> 4 Beef Tacos: Ground Beef Shredded Lettuce Cheese & Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce & Sour Cream Fruited Strawberry Gelatin 1% Milk	<b>Menu 8</b> 5 Orange Pineapple Juice Mojo Chicken Drums (2) Yellow Rice/ Tomato & Pepper Mixed Vegetables Cornbread Margarine White Cake 1% Milk/Buttermilk	<b>Menu 9</b> 6 Turkey Salad Sandwich Three Bean Salad Broccoli Salad Citrus Fruit Salad Whole Grain Bread - 2 slices ea. Apple Spice Cookie 1% Milk	<b>Menu 10</b> 7 Beef Hot Dog/Bun Coleslaw Baked Beans Pineapple Tidbits Ketchup/Mustard/Diced Onions Banana Pudding 1% Milk
<b>Menu 11</b> 10 Baked Chicken Thigh Collard Greens Mashed Sweet Potatoes Applesauce Cornbread Margarine Sugar Cookie 1% Milk/Buttermilk	<b>Menu 12</b> 11 Egg Salad Carrot Raisin Salad Mixed Green Salad/Italian Dressing Mixed Fruit Whole Grain Bread Margarine Fruited Raspberry Gelatin 1% Milk	<b>Menu 13</b> 12 Pork Chop Patty/Sweet & Sour Sauce Brown Rice Sesame Green Beans Pineapple Tidbits Dinner Roll Margarine Vanilla Pudding 1% Milk/Chocolate Milk	<b>Menu 14</b> 13 Chicken Garden Casserole Summer Blend Vegetables Carrots Fresh Banana Whole Grain Bread Margarine Hot Apple Crisp Dessert 1% Milk	<b>Menu 15</b> 14 Meatballs (5) Spaghetti/Tomato Sauce California Vegetable Blend Pears Garlic Roll Margarine Chocolate Cake 1% Milk
<b>Menu 16</b> 17 Smoked Sausage/Bun Hot German Potato Salad Cabbage and Carrots Fresh Apple Mustard Banana Mini Moon Pie 1% Milk	<b>Menu 17</b> 18 Chicken Breast/ Cacciatore Sauce Garlic Mashed Potatoes Broccoli Cuts Mandarin Oranges Whole Grain Bread Margarine Chocolate Pudding 1% Milk	<b>Menu 18</b> 19 Turkey Sausage Links (4) Country Pepper Gravy Cheese Grits Stewed Tomatoes Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk	<b>Menu 19</b> 20 Flame Broiled Beef Patty/Bun Mixed Vegetables Lettuce, Tomato, & Onion Baked Beans Pears Ketchup, Mustard, Mayonnaise Vanilla Mini Moon Pie 1% Milk/Chocolate Milk	<b>Theme Menu</b> 21 Baked Ham Sweet Potato Casserole Green Beans & Mushroom Christmas Fruit Cup Whole Grain Roll Margarine Iced Coconut Cake 1% Milk
 <p>24</p> <p><b>No Vendor Meal</b></p>	<p>Merry Christmas</p> <p>25</p> <p><b>No Vendor Meal</b></p>	 <p>26</p> <p><b>No Vendor Meal</b></p>	<p>Happy Holidays</p> <p>27</p> <p><b>No Vendor Meal</b></p>	 <p>28</p> <p><b>No Vendor Meal</b></p>
<p>31</p> <p><b>No Vendor Meal</b></p>				