






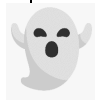


# October

Franklin

Monday	Tuesday	Wednesday	Thursday	Friday
		1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Apple Crisp	Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce & Tomato 1c Corn Chowder Fresh Fruit Hamburger Bun 	Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 Breadstick 1/2c Fruited Gelatin
3oz Meatloaf with 2oz Gravy Baked Potato 1/2c Carrots Whole Wheat Bread Fresh Fruit	Chicken Taco Salad 3oz Taco Meat, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple	Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Roasted Brussel Sprouts Whole Wheat Bread Apple Cake 	Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Orange Juice	Smokey BBQ Bacon Burger Cheddar Cheese, BBQ, Bacon 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit
4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie	Roasted Honey Garlic Pork Loin 1/2c Steamed Broccoli 1/2c White Rice 1/2c Fruited Gelatin Dinner Roll 	3oz Kielbasa with 1oz Kraut 1/2c mashed potatoes 1/2c California Blend Vegetables 1/2c Applesauce Hot Dog Bun	Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Piece Cake	Stuffed pepper casserole 1/2c Garlic Mashed Potatoes 1/2c Carrots White Bread Pudding
3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin	3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit	Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread 	Cheeseburger 1/2c Tator Tots 1c Tossed Salad w/ Tomato Hamburger Bun 1/2c pineapple	General Tso's Chicken 1/2c White Rice 1/2c Garlic Broccoli 1/2c mandarin oranges Cookie 
3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie	Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Gelatin	3oz BBQ Ribette 1/2c Ranch Cubed Potatoes 1/2c Green Beans Hamburger Bun Pineapple & Mandarin Oranges	4oz Shrimp Scampi 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli Breadstick Pudding 	<b>Happy Halloween!</b> Stadium Hot Dog 1/2c cheesy potatoes 1/2c peas 1 Hot dog roll 1/2c Dirt Fluff