



Lunch menu

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				Lemon baked fish 1 Okra and tomatoes Cucumber salad Rice Tartar sauce Orange Beverage
Salisbury steak with 4 mushroom gravy Collard greens Squash casserole Fresh fruit Beverage	Baked ham & cheese 5 Whole wheat bread Vegetable soup Mayonnaise Spiced peaches Beverage	Beef sausage dog 6 Cole slaw Sweet potato wedges Hotdog bun Mustard, ketchup Apple cobbler Beverage	Barbeque chicken 7 Turnip greens Steamed baby carrots Corn muffin w/margarine Banana Beverage	Pork chop with gravy 8 Steamed rice Green beans Beets Applesauce Beverage
Cube steak with 11 gravy Mashed potatoes Broccoli with cheese Whole wheat roll Diced peaches Beverage	Chicken fingers with 12 honey mustard sauce Mixed vegetables Lima beans California pasta salad Yogurt Beverage	Chili with beans 13 Sweet baby carrots English peas Cornbread muffin Gelatin with fruit Beverage	Pot roast with carrots 14 and potatoes Mustard greens Butter beans Yellow rice Fruit cup Beverage	Smoked sausage with 15 peppers and onions Black-eyed peas Cabbage Rice Fig Newton cookies Beverage
Fish nuggets 18 Okra and tomatoes Grits Tartar sauce Pineapple tidbits Beverage	Barbeque chicken 19 Squash casserole Green beans Whole wheat roll Fresh fruit Beverage	Spaghetti with meat 20 sauce Steamed broccoli Garlic bread Banana pudding Beverage	Beef hamburger 21 Lettuce, tomato and onion Sweet potato wedges Whole wheat bun Mustard, ketchup, mayo Apple brown betty Beverage	Baked chicken with 22 fricassee sauce Collard greens Yellow rice Shana's surprise cobbler Beverage
Chicken & dumplings 25 Sliced carrots Steamed broccoli Fruit cup Beverage	Pot roast with carrots 26 and onions Green beans Mashed potatoes Fresh fruit Beverage	Baked chicken breast 27 with gravy Black-eyed peas Cabbage Yellow rice Oatmeal cream cookie Beverage	Chili with beans 28 Zucchini Cornbread muffin Apple cobbler Beverage	Lemon baked fish 29 Okra and tomatoes Cucumber salad Rice Tartar sauce Orange Beverage

*Menu subject to market availability

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