

October



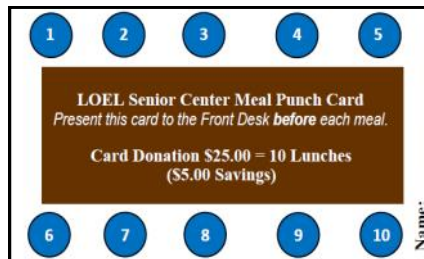
Call the Lunch Reservation Line at (209) 365-0572
at least 24 hours in advance to make your lunch
reservation, or to cancel an existing reservation.

Lunch is served promptly at 11:30 a.m.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish & Chips ^S Battered Cod Filet Tater Tots Coleslaw *Pineapple Whole Wheat Roll Margarine Lemon Wedge 1% Milk	3 Open-face Hot Roast Beef Sandwich Roast Beef Brown Gravy Whole Wheat Bread Mashed Potatoes Roasted *Cauliflower <u>Apricot Halves</u> 1% Milk	4 Chicken Cordon Bleu ^S Wild Rice Baked <u>Winter Squash</u> *Citrus Salad Whole Wheat Roll Margarine 1% Milk	5 Turkey Jr. Club Turkey, Bacon Tomato & Lettuce Whole Wheat Bread *Broccoli Salad <u>Carrot Sticks & Ranch Dressing</u> Fruit Cocktail Chocolate Milk	6 Minestrone Soup Wedge Salad Blue Cheese Dressing Hard Boiled Egg *Mandarin Oranges Garlic Bread 1% Milk
9 Shepherd's Pie <u>Kale Salad</u> Steamed *Broccoli Fruit Salad Whole Wheat Roll Margarine 1% Milk	10 Beef Lasagna Green Salad Dressing Italian Green Beans *Citrus Salad Garlic Bread 1% Milk	11 Open-Faced Hot Turkey Sandwich Turkey Whole Wheat Bread Mashed Potatoes Turkey Gravy <u>Mixed Veggies</u> *Pineapple, 1% Milk	12 Cheese Enchiladas w/Green Sauce Refried Beans Spanish (Brown) Rice Steamed <u>Carrots</u> *Orange Wedges Sour Cream 1% Milk	13 Chicken & Dumplings Coleslaw Roasted *Brussel Sprouts Whole Apple Jell-O Salad 1% Milk
16 Chicken Fried Steak ^S Country Gravy Mashed Potatoes <u>*Collard Greens</u> Whole Banana Whole Wheat Roll Margarine 1% Milk	17 Lemon Baked Fish Wild Rice Baked <u>Winter Squash</u> *Mandarin Oranges Whole Wheat Roll Lemon Wedge Margarine 1% Milk	18 Oktoberfest Bratwurst ^S Sauerkraut Mock Cheese Buttons Green Beans *Citrus Salad Whole Wheat Roll Margarine, 1% Milk	19 Chicken Breast w/White Wine Butter Sauce Noodles Roasted *Brussels Sprouts Waldorf Salad Garlic Bread 1% Milk	20 Navy Bean Soup 1/2 Grilled Cheese Sandwich Steamed <u>Carrots</u> * Mixed Fruit Salad Whole Wheat Crackers 1% Milk
23 Beef Stroganoff Buttered Noodles <u>Butternut Squash</u> *Mandarin Orange Whole Wheat Roll Margarine 1% Milk	24 Oven Fried Chicken Thigh Mashed Potatoes Gravy Roasted *Brussel Sprouts <u>Apricot Halves</u> Whole Wheat Roll Margarine 1% Milk	25 Biscuit ^S Country Gravy Scrambled Eggs Bacon Slice Country Potatoes *Orange Wedges Chocolate Milk	26 BBQ'd Pork Ribs Macaroni & Cheese Steamed *Broccoli Apple Cobbler Whole Wheat Roll Margarine 1% Milk	27 French Dip Sandwich Roast Beef, Hoagie Au Jus, Horseradish Salad Dressing <u>*Collard Greens</u> Fruit Salad 1% Milk
30 Shrimp Scampi Angel Hair Pasta <u>Kale Salad</u> Steamed *Broccoli Whole Pear Garlic Bread 1% Milk	31 Ham Slice ^S Scalloped Potatoes Green Beans * Mixed Fruit Salad Whole Wheat Roll Margarine 1% Milk		\$3.00 Suggested Donation Per Meal If you are unable to make a donation, please consider contributing whatever you can. No one will be denied a meal if they are unable to contribute.	 *Vitamin C source <u>Vitamin A</u> source, ^S ≥ 1000mg Sodium/Meal 1% milk is provided with each meal. Each meal meets 1/3 of the daily nutritional requirement

Prepaid Meal Punch Cards



Prepaid meal punch cards are any easy and convenient way to make your donations. For those of you who do not like to carry cash this is a great alternative. Cards are always available at the front desk.

- Option #1: a meal punch card with 20 lunches for a \$50 donation (**\$10 savings**)
- Option #2: a meal punch card with 10 lunches for a \$25 donation (**\$5 savings**)
- Cash and checks are accepted for meal punch card donations
- Your meal punch card does not expire until all punches are exhausted, but **cannot** be replaced if lost or stolen

You are not obligated to use a meal punch card!

Please do not hesitate to ask any questions or express any concerns!

G O R S B E B R R T A S H Q I O R V G
 R D P E V R E A G S C H R Y G T I A Q
 X H I O B T D D O E D Y F A C Z V E U
 S P A E A O E Q H V X U R H E G Z C M
 A P V E X D T A D R M Y I D G P G T Q
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 D S V B O L P I O H L H S T K Q B Q T
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 A G E J B I J T E Q U R L J L H Q E D
 F E A Y T B T Q N P O V U D S T E J W
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 B W S V G R L Q I M L P V N S M N F Q
 Z S W G A T A U T U M N E R N B Y X R
 F Z R C B P K Y Y R F U S W A S G M X
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 N I P B J W C M E K G U A K R O W Q W
 L B W F Q Z N W Y S L I H J K A W B O

Autumn

Apples

Chilly

Colors

Corn

Fall

Halloween

Harvest

Leaves

LOEL

October

Pears

Pumpkins

Rake

Sweater