



White Pine Nutrition Program

OCTOBER

Oct-18

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham Mac & Cheese California Blend Veggies Fruit WW Bread	2 Turkey Mashed Potatoes/Gravy Mixed Veggies Fruit	3 #10 Beef Stroganoff Noodles Squash Orange Spinach Salad Fresh Fruit	4 Peppercorn Pork Roast Peas/Carrots Au gratin Potatoes Fruit WW Roll	5 #165 Herb Baked Chicken Green Beans/Coleslaw Corn Bread Baked Potato Pears/Dessert
8 #6 Lemon Baked Fish Broccoli Stuffed Potato Steamed Carrots WW Bread Honey Dew Melons	9 Chef Salad Fruit WW Roll	10 Taco Salad/Beans WW Shell Lettuce/Tomato/Onion Salsa/Sour Cream Steamed Baby Carrots Fruit	11 #4 Lasagna Steamed Spinach Garlic Bread Fresh Orange	12 Hot Pork Sand Mashed Potatoes Veggie Mix Buttermilk Fruit Salad
15 Scrambled Eggs Green Peppers/Onions Roasted Potatoes Sausage Gravy/Biscuits Fruit	16 #12 Italian Rice and Beef Tossed Salad Carrots Applesauce WW Roll	17 Stuffed Baked Potato with Chili/Cheese Sauce Broccoli/Onions Fruit Mix	18 #19 Meat Loaf Mashed Potatoes Steamed Spinach WW Bread Fruit Cup	19 Beef Roast New Potatoes/Carrots Green Beans/Onions Fruit Birthday Cake
22 Baked Chicken Tenders 3 Bean Salad Fruit Baked Potato Wedges	23 #3 Spaghetti/Meat Sauce Zucchini Colorful Salad WW Bread Fresh Orange	24 Chicken Fried Steak Mashed Potatoes/Gravy Broccoli/Cauliflower Mixed Fruit WW Roll	25 #15 26 Pork Chop with Mushroom Gravy Baked Potato Carrots Tossed Salad Mixed Melon Cup	NEVADA DAY CLOSED
29 Minestrone Soup Chicken Salad Sand. Lettuce/Tomato	30 #17 Italian Baked Chicken Parsley Noodles Garden Salad Fresh Orange WW LS Crackers	31 #122 Pork Chow Mein/Rice Chopped Spinach Italian Dressing Sliced Pineapple WW Bread		

HOME BOUND PLEASE CALL BEFORE 8AM IF YOU WILL NOT BE HOME 289-2742

2% Milk served daily

Menu Subject to Change Without Notice

Gravy served with
Mashed Potatoes

