



White Pine Nutrition Program

OCTOBER
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Lentil Soup Chicken Salad Sandwich Caesar Salad Fruit	2 Scrambled Eggs Green Peppers/Onion Roasted Potatoes Sausage Patty/Biscuit OJ / Pastry
5 Lemon Baked Tilapia Potato Wedges Pacific Blend Veggie Applesauce	6 #108 Beef Stroganoff with Noodles Orange Spinach Salad Squash Blend Fruit	7 Baked Pork Chop Oven Fries Broccoli/Cauliflower Fruit ww Bread	8 #109 Oven Fried Chicken Baked Squash Peas/Carrots Garden Salad Fresh Fruit ww Roll	9 French Dip Potato Wedges Coleslaw Tropical Fruit Mix Strawberry Shortcake
12 Pulled Pork Sandwich Oven Fries Baja Corn Fruit	13 Chicken Fried Steak Mashed Potatoes/Gravy Key West Veggies WW Roll Fruit	14 Hot Dog Macaroni Salad Broccoli Salad Fruit	15 #104 Beef Roast Red Potatoes 5 Way Veggies Mandarin Orange ww Bread	16 #167 Hot Turkey Sandwich on WW Bread Peas/Carrots Tomatoes Vinaigrette Fresh Orange Oatmeal Cookie
19 Breaded Cod Parsley Potatoes Zucchini/Yellow Squash Fruit	20 Salsbury Steak over Noodles Onions/Gravy 3 Bean Salad Fruit	21 #117 Pork Roast Rice Pilaf Corn Bread Broccoli Toss Salad Fresh Fruit	22 Oven Baked Chicken Thighs Potato Salad Mixed Veggies Fruit	23 #34 Sloppy Joes/ ww Bun Baked Beans Baby Carrots Fruit Cocktail Dessert
26 #174 Italian Baked Chicken Parsley Noodles Garden Salad Fresh Orange ww Cracker	27 Taco Salad/w Beans Salsa Sour Cream Lettuce/Tomato/Onion Mexi - Corn Fruit	28 Peppercorn Pork Roast Scallop Potatoes Brussel Sprouts Mixed Fruit	29 #14 Beef Patty /ww Bun Baked Beans Lettuce/Tomato/Onion Mixed Veggies Cantaloupe Chunks Birthday Cake	30 HOLIDAY Nevada Day 

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

