



White Pine Nutrition Program

OCTOBER

Oct-19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 #14 Cheese Burger w/lettuce, tomato Baked Beans Mixed Veggies Cantelope	2 Salmon Alfredo Sauce/Noodles Cauliflower/Broccoli Fruit	3 #39 Spaghetti/Meat Sauce Colorful Salad w/w Bread Fresh Orange	4 Peppercorn Pork Roast Scallop Potatoes Peas/Carrots w/w Roll & Fruit Dessert
7 Fish Sticks (Cod) Potato Wedges 3 Bean Salad Fruit	8 #46 Lasagna Chopped Spinach Garlic Bread Orange	9 Broccoli/Cheese Soup Egg Salad Sandwich Carrot/Raisin Salad w/w Crackers Fruit	10 #159 Pork Chops Mushroom Gravy Baked Potato Carrots Tossed Salad Fruit Mix	11 BBQ Chicken Leg Potato Salad Ranch Beans Brussel Sprouts w/w Roll & Fruit Dessert
14 #19 Beef Vegetable Soup Tuna Mac Salad w/w Roll Tropical Fruit Cup	15 Chicken Fried Steak Mashed Potatoes Squash Blend Mixed Fruit	16 #29 Shepherd's Pie w/Peas & Carrots Fresh Spinach Banana w/w Roll	17 Italian Baked Chicken Parsley Noodles Holiday Bean Salad Green Salad Oroagne	18 Baked Breaded Cod Rice Pilaf/Mushroom Carrots/Peas Fruit Dessert
21 Salsibury Steak Onions/Gravy Over Noodles Bean Combo Veggies w/w Roll Fruit	22 #73 Herbed Baked Chicken Mashed Sweet Potatoes Herbed Veggie Medley w/w Bread Applesauce	23 #3 Meat Loaf Mashed Potatoes/Gravy Steam Spinach Tropical Fruit w/w Bread	24 Breaded Tilapia Macaroni Salad 5 Way Mixed Veggies Tarter Sauce Apple	25 NEVADA DAY CLOSED
28 Biscuits w/ Sausage Gravy Scrambled Eggs O'Brien Potatoes Pears Orange Juice	29 Pork Chops w/Bacon Augratin Potatoes Buttermilk Salad Pea Salad w/w Roll Fruit	30 #108 Beef Strognoff Over Noodles Orange Spinach Salad Squash Mixed Fruit	31 #104 Beef Roast Red Potatoes 5 Way Mixed Veggies Garden Salad Mandarin Orange w/w 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

