

LUNCH CALENDAR

OCTOBER, 2016

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED DONATION: \$2.00

LS Alt = Low Sodium Alternative (**items must be ordered at least one week in advance**)

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Gravy & Biscuits 3 Hash Brown Casserole Sugar Snap Peas Fresh Fruit	Beef & Noodles 4 Mashed Potatoes Green Beans Peaches Cookies	Stuffed Chicken Breast 5 Long Grain & Wild Rice Cook's Choice Vegetables Fresh Grapes Tomato Juice	Country Fried Steak 6 Mashed Potatoes Sugar Snap Peas Apricots	Ham Loaf 7 (LS Alt=Meatloaf) Sweet Potatoes Butter Beans Pineapple Chunks
CLOSED COLUMBUS DAY 10	Pasta w/Meat Sauce 11 Steamed Broccoli Cream Style Corn Fresh Fruit	Hot Chicken Sandwich 12 Potato Wedges Creamy Cole Slaw Baked Apples Yogurt	Kielbasa & Sauer Kraut 13 (LS Alt=Pork Roast) Smashed Red Potatoes Peas w/Onions Diced Fresh Fruit	Cheeseburger Soup 14 (LS Alt=Tomato Soup) Turkey Sandwich Broccoli Salad Fruit Salad
Beef Pot Roast 17 Boiled Potatoes Sliced Carrots Orange Segments	BBQ Pork Sandwich 18 Macaroni & Cheese Succotash Apple Sauce Assorted Juices	Steamed Franks 19 (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Tropical Fruit	Roast Turkey 20 Dressing Steamed Broccoli Wax Beans Orange Cranberry Relish	Goulash 21 Cooked Cabbage Mixed Vegetables Peaches Pie
Shepherd's Pie 24 Summer Squash Green Salad Fruit Crisp	Breaded Pork Chops 25 Redskin Potatoes Sugar Snap Peas Pineapple Chunks Brownies	Cheese Burgers 26 Seasoned Potato Wedges Steamed Spinach Pears	Baked Chicken 27 Long Grain & Wild Rice Stewed Tomatoes Bananas Cranberry Juice	Chicken & Noodles 28 Mashed Potatoes Green Beans Mixed Fruit
Beef Stew 31 Tossed Salad Cottage Cheese Mandarin Oranges Biscuits				