

Maple Valley

October 2015 MENU

Mon	Tue	Wed	Thu	Fri
			1 Salisbury Steak/Gravy Green Beans Mashed Potato Hamburger bun / Marg Blueberries Milk	2 Mac & Cheese Cornbread / Marg Stewed Tomatoes Carrots Pears Milk
5 Chicken Parm Corn Garlic Toast Mandarin Orange Milk	6 Stroganoff Carrots Brown Rice Applesauce Milk	7 Beef Tamale Pie Brown Rice Black Beans Pears Milk	8 Breaded Fish Stewed Tomatoes Spinach Peach Cup Apple Juice Milk	9 Meatloaf/B. Gravy Scalloped Potatoes Grn Beans Cornbread Applesauce Milk
12 Honey Lemon Chicken Copper Penny Carrots Broccoli Brown Rice Apricots Milk	13 Chicken Divan Gateway Salad/Dressing Corn Bread / Marg Peaches Milk	14 Chicken Tamale Pie Black Beans Brown Rice Spiced Apples Milk	15	16
19 Country Fried Steak Mashed Pot /Gravy Broccoli Bread / Marg Applesauce Milk	20 Cheese Pizza Gateway Salad / Dressing Raisins Apple Juice Milk	21 Beef Taco Pie Brown Rice Black Beans Cherry Tomato Blueberries Milk	22 Chicken Stir Fry Green Beans Brown Rice Mandarin Oranges Milk	23 Hamburger / Ketchup Tator Tots Lettuce/Tomato Pineapple Milk
26 Stew Spinach Corn Brown Rice Mixed Fruit Milk	27 Rodeo Macaroni Carrots Spiced Peaches Milk	28 Chicken Sandwich Baked Beans Baby Carrots Lettuce Tomato Applesauce Milk	29 Beef & Bean Tamale Green Beans Brown Rice Sour Cream Apricots Milk	30 Chicken Salad Gateway Salad / Dressing Pasta Salad Oatmeal Muffin Strawberries Milk

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