

# OCTOBER

Mifflin Juniata Home Delivered

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Breaded Pork Chop 1/2c. Whipped Potatoes 1/2c. Carrots WW Bread 1/2c. Diced Pears String Cheese</p>	<p>2</p> <p>Baked Vegetable Lasagna 1/2c. Carrots Dinner Roll 1/2c. Warm Applesauce Hot Chocolate</p>
<p>5</p> <p>Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll Fresh Fruit Milk</p>	<p>6</p> <p>Tuna Salad Sandwich W/Lettuce &amp; Tomato Pasta Salad Sandwich Roll 1/2c. Peaches Milk</p>	<p>7</p> <p>Meatball Sub w/ Mozzarella 1/2c. Oven Browned Potatoes 1/2c. Coleslaw Hot Dog Bun 1/2c. Applesauce Milk</p>	<p>8</p> <p>Country Fried Steak w/ 2oz cream gravy 1/2c Garlic Mashed Potatoes WW Bread 4oz Grape Juice String Cheese</p>	<p>9</p> <p>Veal Roulade w/ gravy 1/2c. Cheesy Mashed Potatoes 1/2c. Carrots &amp; Broccoli WW Bread 1/2c. Diced Peaches String Cheese</p>
<p>12</p> <p>Spaghetti w/ Meatballs (3) Marinara Sauce &amp; .5oz Cheese 1c. Tossed Salad w/ cucumber/drs Garlic Breadstick Fresh Fruit Milk</p>	<p>13</p> <p>Deli Chicken Caesar Club w/ lettuce, tomato, cheese, cond Broccoli Salad Sandwich Roll 1/2c. Blushed Pears Milk</p>	<p>14</p> <p>BBQ Pulled Pork 1/2c. Seasoned Potatoes 1/2 c.Lima Beans White Bread 1/2c. Sliced Apples Milk</p>	<p>15</p> <p>1c. Chicken &amp; Dumplings 1/2c. Vegetable Blend White Bread 1/2c. Warm Peaches String Cheese</p>	<p>16</p> <p>Roast Pork w/ gravy 1/2c. Rice Pilaf 1/2c. Carrots &amp; Broccoli Blend WW Bread 4oz Grape Juice Hot Chocolate</p>
<p>19</p> <p>Meatloaf Marinara ww/ Mozzarella Topping 1/2c. Parslied Potatoes 1/2c. Corn Wheat Bread 1/2c. Chocolate Pudding Milk</p>	<p>20</p> <p>Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bit, Cheddar Over 1c. Mixed greens) Potato Salad WG Dinner Roll 1/2c. Fruit Mix Milk</p>	<p>21</p> <p>Open Face Hot Turkey Sand w/ Gravy 1/2c. Whipped Potatoes w/ Chives 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce Milk</p>	<p>22</p> <p>1c. Baked Goulash w/ LS Cheddar Cheese 1/2c. Green Beans White Bread 1/2c. Fruit Crisp String Cheese</p>	<p>23</p> <p>Salisbury Steak w/ 1oz LS gravy 1/2c. Oven Brown Potatoes 1/2c. Lima Beans 2 WW Bread 1/2c. Mandarin Oranges String Cheese</p>
<p>26</p> <p>Center Cut Pork Loin w/ 2oz Gravy 1/2c. Sweet Potatoes 1/2c. Lima Beans White Bread Apple</p>	<p>27</p> <p>Grilled Chicken Caesar Salad 1c. Mixed Greens (W/ Diced Chicken, Parmesan, Tomato,Croutons, Drs) Macaroni Salad WG Dinner Roll 1/2c. Mixed Fruit</p>	<p>28</p> <p>Chicken w/ gravy 1/2cc. Veg Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit Milk</p>	<p>29</p> <p>Penne Pasta w/ Meatballs (3) 1/2c. LS Marinara Sauce 1/2c. Broccoli WW Bread 1/2c. Warm Peaches String Cheese</p>	<p>30</p> <p>Potato Crusted Fish 1/2c. Macaroni &amp; Cheese 1/2c. Green Beans Wheat Bread 4oz Grape Juice String Cheese</p>