



OCTOBER | 2018

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Walnut Pear Salad Carrot & Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6	2 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	3 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5	4 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	5 Oriental Chicken Beets Banana Sesame Ginger Dressing 5
8 Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7	9 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5	10 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5	11 Ambrosia Carrot & Celery Sticks Muffin 7	12 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6
15 Apple Almond Salad Carrot and Celery Sticks Roll 5	16 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	17 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	18 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 5	19 Loaded Spinach Fresh Orange Fat Free French Dressing 4
22 Turkey Ranch Pasta Cucumber Slices Raisins 4	23 Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6	24 Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6	25 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette Cake 5	26 Loaded Spinach Pears Rye Bread Banana Fat Free French 6
29 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5	30 Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4	31 Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6	***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates	

News

Includes Low Fat Milk

Meals Include 1/3 of the
Recommended Daily Allowance
(RDA)

Meals Subject to Change

Special Events

**October 25: Birthday
Celebrations**

October 31: Halloween



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