

# October Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLES 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	<b>3</b> CINNAMON CREAM CHEESE 8gm RED GRAPES 14gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	<b>4</b> CHICKEN SALAD ON GREENS CANTALOUPE SLICES 9gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm	<b>5</b> TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 12gm WHOLE GRAIN BUN 47 gm MAYO PACKET	<b>6</b> ASIAN SEAFOOD SALAD 10gm CARROT AND RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm
<b>9</b> CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm PEACH YOGURT 11 gm CROUTONS 5gm RANCH PACKET	<b>10</b> TUNA ROTINI PASTA SALAD 26gm WINTER BEAN SALAD 16gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	<b>11</b> CREAMY CRAB AND DILL PASTA 27gm APPLE SAUCE 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm	<b>12</b> HAM SALAD ON MIXED GREENS 14gm EGG & GRAPE TOMATO FRUIT COCKTAIL 13gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm	<b>13</b> TURKEY TWIST PASTA SALAD 20gm PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm
<b>16</b> ZESTY BEEF PASTA 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	<b>17</b> CHEF SALAD WITH TURKEY EGG, & TOMATO 3gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm CROUTONS & RANCH PACKET	<b>18</b> CHICKEN PESTO PASTA 8GM MAR. TOMATOES AND ONION 3GM FRUIT COCKTAIL 13GM WHOLE GRAIN ROLL 35GM	<b>19</b> TUNA SALAD 12gm MIXED GREENS, EGGS, GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE WHEAT CRACKERS 5gm	<b>20</b> EGG SALAD ON GREENS GRAPE TOMATOES 9gm TROPICAL FRUIT 11gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm
<b>23</b> PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	<b>24</b> CRAB SALAD ON GREENS 17gm TOMATO, 1/2 HARD BOILED EGG WINTER BEAN SALAD 16gm PEARS 9gm WHOLE GRAIN ROLL 35gm	<b>25</b> MEDITERRANEAN TURKEY 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	<b>26</b> VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKETS	<b>27</b> HONEY HAM AND CHEDDAR 48gm WHEAT-BUN AND LEAF LETTUCE COLESLAW 9gm PEARS 9gm MUSTARD PACKET
<b>30</b> GARLIC AND HERB CREAM CHEESE 2gm BROCCOLI 5gm APPLESAUCE 11gm HARD BOILED EGG 1gm WHOLE WHEAT BAGEL 33gm	<b>31</b> <i>Happy Halloween</i> ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm FRUIT COCKTAIL 13gm CHOW MEIN NOODLES 9gm			



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

