





Monday	Tuesday	Wednesday	Thursday	Friday
<p>RSS Offers Alternate Lunch</p> <ul style="list-style-type: none"> • Tuna Salad • Eggs • Veggie Burger • Or Other Alternate <p>Call the Office To Place Your Order by 11:30 & Please do not change your order!</p>	<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>	<p>Fall Bash Sunday November 3rd 10am-3pm</p>  		<p>1 Hungarian Goulash with Beef Egg Noodles Whole Wheat Bread Steamed Spinach Canned Pears Orange Pineapple Juice</p>
<p>4 CENTER CLOSED</p>	<p>5 Fish with Creole Sauce Rice with Vegetables Whole Wheat Bread Broccoli with Toasted Garlic Orange Pineapple Juice Slice Canned Peaches</p>	<p>6 Baked Ziti with Meat Sauce Whole Wheat Bread Garden Salad Fruit Cocktail Orange Pineapple Juice</p>	<p>7 Chicken and Broccoli Stir Fry Brown Rice with Mushrooms Whole Wheat Bread Oriental Blend Banana</p>	<p>8 Stuffed Peppers with Turkey Whole Wheat Bread Roasted Eggplant Steamed Cauliflower Apple Juice Sliced Canned Peaches</p>
<p>11 Baked Fish with Garlic Bowtie Pasta with Kasha Italian Blend Vegetable Orange</p>	<p>12 Balsamic Chicken Thighs Wild Rice Baby Spinach Salad Orange Pineapple Juice Sliced Canned Peaches</p>	<p>13 Lentil Soup Whole Wheat Vegetable Lasagna Whole Wheat Bread Mixed Green Salad Banana</p>	<p>14 Beef and Broccoli Brown Rice Whole Wheat Bread Baby Carrots with Parsley Applesauce Orange Pineapple Juice</p>	<p>15 Baked Chicken Quarters Baked Red Potato Wedges Whole Wheat Bread Brussel Sprouts Canned Pineapple</p>
<p>18 Beef and Turkey Meatloaf with Mushroom Gravy Egg Noodles Whole Wheat Bread Sautéed String Beans Apple Juice Fruit Cocktail</p>	<p>19 Soup Du Jour Baked Fish with Black Bean Sauce Whole Wheat Bread Yellow Plantains Steamed Spinach with Soy Sauce Apple Sauce</p>	<p>20 THANKSGIVING DINNER Roasted Turkey and Cranberry Sauce Apple Walnut Stuffing Baked Yams Brussel Sprouts Roasted Whole Wheat Dinner Roll Apple Pie/Ice Cream Orange Pineapple Juice</p>	<p>21 Ginger Garlic Beef Stew Homemade Mashed Potatoes Whole Wheat Bread Broccoli and Red Peppers Canned Pears Grape Juice</p>	<p>22 Black Bean Soup Chicken Chasseur Egg Noodle Whole Wheat Bread Capri Blend Vegetables Orange Pineapple Juice Sliced Canned Peaches</p>
<p>25 Arroz con Pollo (Chicken Breast and Rice) Whole Wheat Bread Tossed Salad with Dressing Orange</p>	<p>26 BIRTHDAY PARTY Pineapple Glazed Salmon Brown Rice Pilaf Mixed Green Salad California Blend Vegetable Dinner Roll Orange Ice Cream/Cake</p>	<p>27 Beef Pot Roast Homemade Mashed Potatoes Whole Wheat Bread Zucchini with Onions and Peppers Orange Pineapple Juice Slice Canned Peaches</p>	<p>28</p> 	<p>29</p>