

Elk Mountain: 307-348-7387

please RSVP before 8:30 the morning of the meal

<p><b><u>OCTOBER</u></b> <b><u>2017</u></b></p> 						
<p><b><u>Recommended Serving Sizes</u></b> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><b><u>MONDAY</u></b> 2 Cheeseburger Lettuce, tomato, onion French Fries Carrot Raisin Salad Applesauce Milk <b>Flu Shots</b> <b>10 am – 11:30 am</b></p>	<p><b><u>TUESDAY</u></b> 3 White Bean Chicken Chili Tossed Salad Cornbread Mandarin Oranges Cookie Milk</p>	<p><b><u>WEDNESDAY</u></b> 4 Spaghetti/meat sauce Italian Vegetables Garlic Bread Mixed Fruit Milk</p>	<p><b><u>THURSDAY</u></b> 5 Beef Stroganoff Noodles Steamed Carrots Wheat Roll Apricots Milk</p>	<p><b><u>FRIDAY</u></b> 6 Beef Fajita Steamed Rice Broccoli Pineapple Tidbits Milk</p>	<p><b><u>SATURDAY</u></b> 7 <b>Elk Mt Breakfast</b> <b>9:00 AM</b> <b>Pancakes</b> <b>Sausage Patty</b> <b>Juice</b> <b>Chilled Milk</b></p>
	<p><b><u>MONDAY</u></b> 9 Baked Pork Chop Baked Potato Squash Blend Wheat Roll Cherries Milk</p>	<p><b><u>TUESDAY</u></b> 10 Meatloaf Oven Potatoes Spinach Wheat Bread Strawberry Shortcake Milk</p>	<p><b><u>WEDNESDAY</u></b> 11 Sweet/Sour Chicken Steamed Rice Stir Fry Vegetable Egg Roll Citrus Fruit Milk</p>	<p><b><u>THURSDAY</u></b> 12 Salmon Patty O'Brien Potatoes Brussels Sprouts Wheat Roll Blueberry Cobbler Milk</p>	<p><b><u>FRIDAY</u></b> 13 Broccoli/Cheese Soup Turkey Sandwich Lettuce, tomato, pickle Peaches Milk</p>	<p><b><u>SATURDAY</u></b> 14</p>
	<p><b><u>MONDAY</u></b> 16 Hamb. Steak/onion Mashed Potatoes Beets Wheat Bread Fruit Cocktail Milk</p>	<p><b><u>TUESDAY</u></b> 17 Chicken a la King Biscuits Spinach Purple Plums Pudding Milk</p>	<p><b><u>WEDNESDAY</u></b> 18 Porcupine Meatballs Mixed Vegetables Wheat Roll Pears Brownie Milk</p>	<p><b><u>THURSDAY</u></b> 19 BBQ Pork Riblet Potato Wedges Green Beans Wheat Bread Cinnamon Apples Milk</p>	<p><b><u>FRIDAY</u></b> 20 Roast Beef Mash. Pot./Gravy Wheat Roll Peas &amp; Carrots Strawberries Milk</p>	<p><b><u>SATURDAY</u></b> 21 <b>Elk Mt Breakfast</b> <b>9:00 AM</b> <b>Scrambled Eggs</b> <b>Bacon</b> <b>Muffin</b> <b>Juice, Milk</b></p>
	<p><b><u>MONDAY</u></b> 23 Beef Tacos Lettuce, tomato, cheese Refried Beans Corn Pineapple Tidbits Milk</p>	<p><b><u>TUESDAY</u></b> 24 Pork Roast Sweet Potato Cauliflower Wheat Bread Applesauce Milk</p>	<p><b><u>WEDNESDAY</u></b> 25 Oven Chicken Mash. Pot./gravy Asparagus Wheat Roll Mandarin Oranges Milk</p>	<p><b><u>THURSDAY</u></b> 26 Chili Cheese/onion Tossed Salad Citrus Fruit Cinnamon Roll Milk</p>	<p><b><u>FRIDAY</u></b> 27 Crab Cake Macaroni/cheese Mixed Vegetables Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p><b><u>SATURDAY</u></b> 28</p>
	<p><b><u>MONDAY</u></b> 30 Chicken Strips French Fries Beets Wheat Roll Cherries Milk</p>	<p><b><u>TUESDAY</u></b> 31 Ham &amp; Beans Cole Slaw Cornbread Peaches Milk</p>				