


Elk Mountain 307-348-7387 Please R.S.V.P. by 8:30 A.M. the Morning of the Meal

<p><u>OCTOBER</u> <u>2018</u></p> 						
<p><u>Recommended Serving Sizes</u> 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><u>MONDAY</u> 1 Baked Pork Chop Baked Potato Squash Blend Wheat Roll Cherries Milk</p>	<p><u>TUESDAY</u> 2 Cheeseburger Lettuce, tomato, onion French Fries Carrot Raisin Salad Applesauce Milk</p>	<p><u>WEDNESDAY</u> 3 Spaghetti/meat sauce Italian Vegetables Garlic Bread Mixed Fruit Milk</p>	<p><u>THURSDAY</u> 4 Crab Cake Macaroni/cheese Mixed Vegetables Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p><u>FRIDAY</u> 5 Broccoli/Cheese Soup Turkey Sandwich Lettuce, tomato, pickle Peaches Cookie Milk</p>	<p><u>SATURDAY</u> 6 Elk Mt. Breakfast 9:00 A.M. French Toast Bacon Juice Milk</p>
	<p><u>MONDAY</u> 8 Beef Fajita Steamed Rice Broccoli Pineapple Tidbits Milk</p>	<p><u>TUESDAY</u> 9 Meatloaf Oven Potatoes Spinach Wheat Bread Pears Milk</p>	<p><u>WEDNESDAY</u> 10 Sweet/Sour Chicken Steamed Rice Stir Fry Vegetable Egg Roll Citrus Fruit Milk</p>	<p><u>THURSDAY</u> 11 Beef Stroganoff Noodles Steamed Carrots Wheat Roll Apricots Milk</p>	<p><u>FRIDAY</u> 12 White Bean Chicken Chili Tossed Salad Cornbread Mandarin Oranges Milk</p>	<p><u>SATURDAY</u> 13</p>
	<p><u>MONDAY</u> 15 Hamb. Steak/onion Mashed Potatoes Beets Wheat Bread Fruit Cocktail Milk</p>	<p><u>TUESDAY</u> 16 Chicken a la King Biscuits Spinach Purple Plums Milk</p>	<p><u>WEDNESDAY</u> 17 Porcupine Meatballs Mixed Vegetables Wheat Roll Pears Brownie Milk</p>	<p><u>THURSDAY</u> 18 BBQ Pork Riblet Potato Wedges Green Beans Wheat Bread Cinnamon Apples Milk</p>	<p><u>FRIDAY</u> 19 Roast Beef Mash. Pot./Gravy Wheat Roll Peas & Carrots Strawberry Shortcake Milk</p>	<p><u>SATURDAY</u> 20 Elk Mt Breakfast 9:00 A.M. Scramble Eggs Sausage Patty Hash Browns Muffin; Milk</p>
	<p><u>MONDAY</u> 22 Beef Tacos Lettuce, tomato, cheese Refried Beans Corn Pineapple Tidbits Milk</p>	<p><u>TUESDAY</u> 23 Pork Roast Sweet Potato Broccoli Wheat Bread Applesauce Milk</p>	<p><u>WEDNESDAY</u> 24 Oven Chicken Mash. Pot./gravy Asparagus Wheat Roll Mandarin Oranges Milk</p>	<p><u>THURSDAY</u> 25 Chili Cheese/onion Tossed Salad Citrus Fruit Cinnamon Roll Milk</p>	<p><u>FRIDAY</u> 26 Salmon Patty O'Brien Potatoes Brussels Sprouts Wheat Roll Fruit Cocktail Milk</p>	<p><u>SATURDAY</u> 27</p>
	<p><u>MONDAY</u> 29 Chicken Strips French Fries Beets Wheat Roll Cherries Milk</p>	<p><u>TUESDAY</u> 30 Ham & Beans Cole Slaw Cornbread Peaches Milk</p>	<p><u>WEDNESDAY</u> 31 Chicken & Noodles Squash Blend French Bread Strawberries Milk</p>			