

October

Sunday, October 1:

Breakfast – Blueberry french toast bake, bacon

Lunch – Baked chicken, mashed potatoes, cauliflower, peanut butter cookie

Dinner – Pea soup, biscuit, pistachio torte

Monday, October 2:

Breakfast – Cereal, toast, 1/2 banana

Lunch – Egg salad on wheat bread, chips, watermelon

Dinner – Lasagna, garlic toast, tossed salad, cherry fluff



Tuesday, October 3:

Breakfast – Fried eggs, sausage, toast

Lunch – Ring Bologna, mac & cheese, baked beans, fruit cup

Dinner - Tater tot casserole, bread stick, raspberry oatmeal bar

Wednesday, October 4:

Breakfast – Biscuits and gravy, 1/2 banana

Lunch – Chicken tortellini soup, crackers, turtle brownie

Dinner - BBQ pork ribs, rice pilaf, zucchini, sherbet



Thursday, October 5:

Breakfast – Scrambled eggs, toast, peaches

Lunch – Turkey and swiss sandwich, cucumber slices, pudding

Dinner – Cheesy chicken broccoli over rice, mounds bar



Friday, October 6:

Breakfast – Pancakes, bacon, orange wedges

Lunch – Chef's salad, bread stick, honey dew melon

Dinner – Battered cod, french fries, coleslaw, peach pie



Saturday, October 7:

Breakfast – Oatmeal, toast, diced pears

Lunch – Cheeseburger, potato salad, pickle/onion, ice cream bar

Dinner – Meatballs w/gravy, mashed potatoes, california blend vegetables, black forest cake

Sunday, October 8:

Breakfast – French toast, bacon, fresh fruit

Lunch – Potato ham soup, dinner roll, poppyseed bar

Dinner – Round steak, potato wedges, beets, chocolate chip cookie



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October

Monday, October 9:

Breakfast – Cereal, toast, 1/2 banana

Lunch – Tuna salad, bread stick, brownie

Dinner – Hawaiian pork chops over rice, drumstick torte

Tuesday, October 10:

Breakfast – Fried eggs, ham, toast

Lunch – Brats, sauerkraut, red potatoes, pistachio fluff

Dinner - Delicious chicken casserole, cauliflower, apple crisp

Wednesday, October 11:

Breakfast – Cinnamon roll, sausage, diced pears

Lunch – Cheeseburger soup, biscuit, lemon bar

Dinner - Shepard's pie, biscuit, chocolate cake

Thursday, October 12 :

Breakfast – Scrambled eggs, toast, peaches

Lunch – Ham and cheese sandwich, cold pasta salad, cantaloupe

Dinner – Spaghetti and meatballs, tossed salad, garlic toast, german chocolate cake

Friday, October 13:

Breakfast – Pancakes, bacon, orange slices

Lunch – Tacos, refried beans, spanish rice, ice cream bar

Dinner – Seaburger, onion rings, pickle, lemon cream pie

Saturday, October 14:

Breakfast – Baked oatmeal, toast, 1/2 banana

Lunch – BLT sandwich, doritos chips, rice krispie bar

Dinner – Beef roast, au gratin potatoes, broccoli, cream cheese bar

Sunday, October 15:

Breakfast – French toast, bacon, fruit

Lunch – BBQ chicken, scalloped potatoes, wax beans, butterscotch torte

Dinner – Beef vegetable soup, crackers, watermelon slices

Monday, October 16:

Breakfast – Cereal, toast, 1/2 banana

Lunch – Club sandwich, cucumber salad, fruit

Dinner – Glazed pork tenderloin, baked potato, baby carrots, yellow cake



October

Tuesday, October 17:

Breakfast – Fried eggs, ham, toast
Lunch – Hot dog w/croissant, baked beans
Dinner - Tortellini w/marinara, garlic toast, side salad, strawberry cake



Wednesday, October 18:

Breakfast – Waffle, sausage patty
Lunch – Pulled pork sandwich, potato salad, grapes
Dinner - Turkey & gravy, sweet potatoes, dinner roll, cherry crisp

Thursday, October 19:

Breakfast – Scrambled eggs, toast, peaches
Lunch – Chicken quesadilla, spanish rice, sour cream, orange jello with oranges
Dinner – Pork steak, spaghetti squash, stuffing, éclair



Friday, October 20:

Breakfast – Pancakes, bacon, orange slices
Lunch – Chili, corn bread, peanut butter bar
Dinner – Tilapia, baby reds, cole slaw, rye bread, oreo torte

Saturday, October 21:

Breakfast – Baked oatmeal, toast, 1/2 banana
Lunch – Spinach strawberry salad, bread stick, fresh honey dew melon
Dinner – Beef stroganoff over egg noodles, peas, chocolate ice cream

Sunday, October 22 :

Breakfast – Blueberry french toast bake, bacon
Lunch – Glazed ham, carrots, scalloped potatoes, spice cake
Dinner – Chicken noodle soup, crackers, ice cream bars

Monday, October 23:

Breakfast – Cereal, toast, fruit
Lunch – Chicken stir fry, rice, fortune cookie
Dinner – Baked ziti, dinner roll, cherry cheesecake



Tuesday, October 24:

Breakfast – Fried eggs, toast, bacon
Lunch – Crab salad, bread stick, fresh fruit
Dinner - Sweet & sour chicken, rice, peach cobbler



October

Wednesday, October 25:

Breakfast – Hash brown bake, toast, 1/2 banana
Lunch – Stuffed pepper soup, biscuit, seven layer bar
Dinner - Meatloaf, baked potato, corn, jello cake

Thursday, October 26:

Breakfast – Scrambled eggs, toast, peaches
Lunch – Sloppy Joe, french fries, pickle, brownie
Dinner – Shredded beef over mashed potatoes, mixed vegetables, apple cake

Friday, October 27:

Breakfast – Pancakes, bacon, orange slices
Lunch – Pizza, garlic toast, watermelon slices
Dinner – Salmon, roasted potatoes, coleslaw, rye bread, chocolate cream pie

Saturday, October 28:

Breakfast – Oatmeal, raisin toast, pears
Lunch – Chicken salad on croissant, cucumber/tomato slices, fruit salad
Dinner – Pork roast, german potato salad, normandy blend, carrot cake

Sunday, October 29:

Breakfast – French toast, bacon, 1/2 banana
Lunch – Tomato soup, 1/2 grilled cheese, peanut butter bar
Dinner – Chicken cordon bleu, mashed potatoes, california blend, oatmeal raisin bar

Monday, October 30:

Breakfast – Cereal, toast, fruit
Lunch – Ham spread sandwich, chips, fresh fruit
Dinner – Pork chops, potato wedges, baby carrots, carrot cake

Tuesday, October 31:

Breakfast – Fried eggs, toast, bacon
Lunch – Cheesy broccoli soup, biscuit, ice cream bar
Dinner - Chicken fettuccine alfredo, tossed salad, chocolate caramel cake



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