



Meal Site Menu

October 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3– Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Marg, Milk | 4– Hot Dog w/Chili, Ranch Beans, Confetti Cole Slaw, Hot Dog Bun, Peach Crisp, Milk | 5– Baked Spaghetti Casserole, Green Peas, Garden Salad, Texas Toast, Escalloped Apples, FF Ranch Dressing, Milk | 6– Sliced Ham, Black-eyed Peas, Seasoned Collard Greens, Juice, Cornbread, Marg, Milk | 7– Beef Stew, Steamed Rice, Seasoned Green Beans, Vegetables in Stew, White Bread, Juice, Milk |
| 10– Sliced Ham, Yogurt, Grits, Spiced Peaches, Juice, Biscuit, Jelly, Marg, Milk | 11– Chicken Pomodoro, Green Peas, Italian Blend Vegetables, White Dinner Roll, Orange, Marg, Milk | 12– Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fruit, Whole Wheat Bread, LD | 13– CLOSED | 14– Chicken w/Paprika Cream Sauce, Mashed Potatoes, Steamed Spinach, Cornbread, Pineapple Tidbits, Milk |
| 17– Turkey Ham, American Cheese, Potato Chowder, Broccoli Cuts, Whole Wheat Bread, Apple Crisp, Milk | 18– Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickle Slices, Milk | 19– Beef Macaroni w/Tomato, Orange, Capri Blend Vegetables, Whole Wheat Bread, Juice, Marg, Milk | 20– Rotisserie Style Chicken, Seasoned Turnip Greens, Smothered Potatoes, Rye Bread, Cranberry Cake, Milk | 21– Hamburger, American Cheese, Baked Beans, Lettuce & Tomato, Hamburger Bun, Peach Cobbler, Ketchup, Milk |
| 24– Chicken Hearty Stew, Black-eyed Peas, Escalloped Apples, Whole Wheat Bread, Juice, Milk | 25– A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Green Peas, White Bread, Marg, Milk | 26– Baked Chicken, Wild Rice Blend, Brussels Sprouts, Juice, White Dinner Roll, Lemon Pie, Milk | 27– Peanut Butter Jelly, Beef Vegetable Soup, Broccoli Cuts, White Bread, Apple Crisp, Milk | 28– BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Juice, Milk |
| 31– Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Marg, Milk | | | Downtown Rockingham Farmer's Market is now open. Saturdays at 8am & Wednesdays 8am | Do you or your loved ones have Medicare? Shiiip can help if you have questions. 1- 855-408-1212 www.ncshiiip.com |