GALLUP OCTOBER 2016

MONDAY 3 , 2016 Chicken Wrap (3 oz. Chicken, 1 oz. Cheese, 1/2c Lettuce & Tomato, 1 Tortilla) 1/2c Pasta Salad 1/2c Banana	**TUESDAY 4, 2016** 4 oz. Beef Stroganoff w/ 1/2c Pasta 1/2c Broccoli 1 sl. WW Bread w/ 1 tsp. Margarine 1/2c Fruit Cocktail	**Wednesday 5, 2016** 3 oz. Breaded Pork Chop 1c Tossed Salad w/ 2T Low Fat Dressing 1c Green Bean 1/2c Pineapple Tidbits	**THURSDAY 6, 2016** Ham & Swiss Sandwich (3 oz. Low Sodium Ham, 1 oz. Cheese, 1/2c Lettuce, Tomato, Pickles) 1 oz. Potato Chips 1/2c Apple Crisp	**FRIDAY 7, 2016** 4 oz. Patty Melt 2 sl. Rye Bread 1/2c Lettuce & Tomato 1/2c Coleslaw 1c Green Beans 1/2c Cinnamon Applesauce
MONDAY 10, 2016 Stuffed Bell Pepper (4 oz. Bell Pepper, 3 oz. Beef, 1 oz. Rice) 1c Tossed Salad w/Dressing 1/2c Peas & Carrots 1 WW Roll w/ 1 tsp. Margarine 1/2c Fresh Fruit	**TUESDAY 11, 2016** 3 oz. Fried Chicken 1/2c Mashed Sweet Potato 1/2c Green Beans 1 Roll w/ 1 tsp. Margarine 1/2c Rice Pudding	**WEDNESDAY 12, 2016** Chef Salad (1 oz. Turkey, 1 oz. Low Sodium Ham, 1 oz. Cheese, 1/2c Lettuce & Tomato, 2T Low Fat Dressing) 6 each Crackers 1/2c Peaches	**THURSDAY 13, 2016** 3 oz. Teriyaki Chicken 1c Rice 1/2c Mixed Vegetables 1 WW Roll w/ 1 tsp. Margarine 1/2c Pineapple	**FRIDAY 14, 2016** 3 oz. Baked Fish 1/2c Coleslaw 1/2c Tatar Tots 1/2c Yellow Squash 1 Sl. Cornbread 1/2c Sliced Peaches
MONDAY 17, 2016 Enchilada Casserole (2 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas) 1/2c Broccoli 1 each Chocolate Chip Cookie 1/2c Banana	**TUESDAY 18, 2016** 3 oz. Meat Loaf 1/2c Mashed Potato w/ 1 oz. Low Sodium Gravy 1/2c Beets 1/2c Carrots Salad 1 WW Roll w/ 1 tsp. Margarine 1/2c Apple	**WEDNESDAY 19, 2016** 3 oz. Chicken Parmesan 1/2c Pasta w/1 oz. Marinara Sauce 1/2c Green Beans 1/2c Corn 1 sl. WW Bread w/ 1 tsp. Margarine 1/2c Fresh Fruit	**THURSDAY 20, 2016** Sloppy Joe (3 oz. Beef, 1 oz. Sauce, 1 Bun) 1/2c Macaroni Salad 1/2c Country Blend Vegetables 1/2c Mandarin Oranges	**FRIDAY 21, 2016** Tuna Salad Sandwich (4 oz. Tuna Salad, 2 sl. Bread) 1/2c Lettuce, Tomato 1 oz. Potato Chips 1/2c Plums
MONDAY 24, 2016 4 oz. Chicken Salad on 1 Croissant Roll 1/2c Lettuce, Tomato 1/2c Tatar Tots 1/2c Fresh Fruit	**TUESDAY 25, 2016** 3 oz. Salisbury Steak 1 oz. Grill Onions 1/2c Brussel Sprouts 1 WW Roll w/ 1 tsp. Margarine 1/2c Applesauce	**WEDNESDAY 26, 2016** Lasagna (2 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles) 1/2c Diced Beets 1 Garlic Stick 1/2c Jell-O w/fruit	**THURSDAY 27, 2016** 3 oz. Chicken Adovada 1/2c Pinto Beans 1/2c Spinach 1/2c Rice Pudding	**FRIDAY 28, 2016** Pigs in a Blanket (1 Frank, 1 Biscuit) 1oz. Potato Chips 1/2c Buttered Baby Carrots 1/2c Sliced Pears
MONDAY 31, 2016 Taco Bowl (3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce, 1/4c Tomato, 1 Tortilla,1 oz. Salsa) 1c Yellow Squash 1c Three Bean Salad 1 sl. Carrot Cake				8oz. 2% Milk Served With all Meals

North Central New Mexico Economic Development District
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