



Rufy Holmes Senior Lunch Clubs

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Sliced Ham, Collard Greens, Orange Juice, Great Northern Beans, Wheat Roll, Banana Pudding, Milk, Onions	2 Cheeseburger w/ Tomato & Lettuce, Peaches, Baked Beans, Milk, Ketchup, Mustard	3 BBQ Beef Sandwich, Hot Apples, Black-Eyed Peas, Tossed Salad w/ Reduced Fat Dressing, Milk	4 Fried Fish Filet, Okra & Tomatoes, Macaroni & Cheese, Cornbread, Tartar Sauce, Mixed Fruit, Milk	5 Stew Beef w/ Gravy, Peas & Carrots, Orange Juice, Rice, Wheat Roll, Margarine, Orange Cake w/ Icing, Milk
8 BBQ Chicken (leg & thigh), Broccoli & Cheese, Cranberry Juice, Corn, Roll, Margarine, Milk	9 Lasagna, Tossed Salad w/ Reduced Fat Dressing, Fruited Gelatin, Parmesan Cheese, Orange Juice, Milk, Garlic Breadstick	10 Ham & Cheese Sandwich w/ Lettuce & Tomato, Peaches, Potato Salad, Reduced Fat-Mayo, Nutri-Grain Bar, Milk, Mustard	11 Sloppy Joe, Coleslaw, Pineapple Juice, Baked Lays Potato Chips (individual bags), Applesauce, Milk	12 Chicken Pot Pie, Broccoli & Cauliflower, Wheat Roll, Strawberry Shortcake, Milk
15 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Garlic Bread, Cherry Cobbler, Milk, Parmesan Cheese	16 Chicken Salad w/ Lettuce & Tomato, Veggie Pasta Salad, Whole Wheat Bread (2 slices), Banana Pudding, Milk	17 Pork Roast w/ Gravy, Turnip Greens, Pineapple Juice, Macaroni & Cheese, Cornbread, Fruited Gelatin, Milk, Vinegar	18 Meatloaf w/ Tomato Sauce, Chopped Broccoli, Orange Juice, Corn, Wheat Roll, Carrot cake, Milk	19 Chili Con Carne, Coleslaw, Cornbread, Margarine, Baked Apples, Milk
22 Pepper Steak w/ Onions & Gravy, Green Beans, Rice, Biscuit, Margarine, Peaches, Milk	23 Pinto Beans, Turnip Greens, Orange Juice, Macaroni & Cheese, Orange Juice, Cornbread, Margarine, Milk, Vinegar	24 BBQ Meatballs, Noodles, Squash Casserole, Apple Juice, Wheat Roll, Chocolate Chip Cookies, Milk	25 Fried Fish Filet, Okra & Tomatoes, Macaroni & Cheese, Cornbread, Tartar Sauce, Mixed Fruit, Milk	26 Turkey Smoked Sausage, Steamed Cabbage, Fruit Cocktail, Sliced New Potatoes, Cornbread, Chocolate Pudding, Milk
29 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Green Beans, Pears, Milk, Garlic Bread	30 Chili Con Carne, Coleslaw, Fruit Cocktail, Rice, Cornbread, Margarine, Milk	31 Chicken Filet Sandwich w/ Lettuce & Tomato, Applesauce, Baked Beans, Reduced Fat-Mayo, Milk		