

# Menu Calendar Report - October, 2023

Generated on: 9/7/2023 10:39:44 AM by Carolyn Adams

Site: ALL  
Meal Type: Supper  
Site Group: Inspire  
Menu Line: Supper

| Mon                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Tue                                                                                                                                                                                                                                                                                                                                      | Wed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Thu                                                                                                                                                                                                                                                                                | Fri                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 Oct                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 3 Oct                                                                                                                                                                                                                                                                                                                                    | 4 Oct                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 5 Oct                                                                                                                                                                                                                                                                              | 6 Oct                                                                                                                                                                                                                                                                                                                     |
| <p>Mexican Tinga Chicken,, salsa roja (1/2c = 4.1 oz = 2 M/MA + 1/8c red) , Recipe (5.68 g)<br/>Served With:<br/>- Cilantro Lime Brown Rice, steamed (29.11 g)<br/>Southwest Black Beans (28.53 g)<br/>Served With:<br/>- Cilantro Lime Brown Rice, steamed (29.11 g)<br/>Fresh Strawberries (5.53 g)<br/>Elote Corn (28.45 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p> | <p>Cheese Pizza (43.00 g)<br/>Fresh Apple Slices (7.00 g)<br/>Seasoned Carrots (4.61-9.22 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p>                                                                                                                      | <p>Grilled Cheese Sandwich (30.96 g)<br/>Turkey &amp; Cheese Sub Sandwich (45.00 g)<br/>Applesauce Cup (6.27-12.54 g)<br/>Seasoned Potato Wedges (11.06-22.13 g)<br/>Served With:<br/>- Ketchup, Heinz 1.5 gallon dispenser pack (4.63 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p>                                                                                                                                                                                                                                                                              | <p>Cheesy Breadstick (14.01-28.02 g)<br/>Served With:<br/>- Marinara Sauce, homemade (5.77 g)<br/>Diced Pears (6.36-12.71 g)<br/>Caesar Side Salad (2.81 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p> | <p>Oven Baked Lasagna Roll w/ Breadstick (42.88 g)<br/>Served With:<br/>- Dinner Roll, Richs WG 1.25 oz (28.00 g)<br/>Fresh Orange Smiles (10.81 g)<br/>Roasted Broccoli and Carrots (2.48-4.95 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p> |
| 9 Oct                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 10 Oct                                                                                                                                                                                                                                                                                                                                   | 11 Oct                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 12 Oct                                                                                                                                                                                                                                                                             | 13 Oct                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>Bean &amp; Cheese de Chile Relleno Burrito (655.89 g)<br/>Served With:<br/>- Sour Cream, Daisy, cultured, pure and natural (1.00 g)<br/>Applesauce Cup (6.27-12.54 g)<br/>Tomato Corn Cilantro Salad (10.00 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p> | <p>Traditional Hamburger (26.00 g)<br/>Served With:<br/>- O - Lettuce, Iceburg, shredded, ready-to-serve (0.54 g)<br/>- Tomatoes, fresh, 1/8-inch sliced, ready-to-serve (0.87 g)<br/>Veggie Burger (33.00 g)<br/>Served With:<br/>- O - Lettuce, Iceburg, shredded, ready-to-serve (0.54 g)<br/>- Tomatoes, fresh, 1/8-inch sliced, ready-to-serve (0.87 g)<br/>Banana (26.95 g)<br/>All American Deli Roasters (18.19 g)<br/>Served With:<br/>- Ketchup, Heinz 1.5 gallon dispenser pack (4.63 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)<br/>Yellow Mustard</p> | <p>Veggie Lo Mein (61.61 g)<br/>Fresh Apple Slices (7.00 g)<br/>Sweet and Sour Vegetables (19.39 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p>                                                         | <p>Macaroni &amp; Cheese (34.35 g)<br/>Garlic Knot Breadstick (15.02 g)<br/>Diced Peaches (10.50-21.00 g)<br/>Seasoned Green Beans (1.12-2.23 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</p>                                                   |
| 16 Oct                                                                                                                                                                                                                                                                                                                                                                                                                                                | 17 Oct                                                                                                                                                                                                                                                                                                                                   | 18 Oct                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 19 Oct                                                                                                                                                                                                                                                                             | 20 Oct                                                                                                                                                                                                                                                                                                                    |
| <p>Meatball Sub Sandwich (30.91 g)</p>                                                                                                                                                                                                                                                                                                                                                                                                                | <p>Hearty Garden Vegetable Salad (20.48 g)<br/>Served With:<br/>- Tortilla Chips, Tostitos crispy rounds, whole grain (28.35 g)</p>                                                                                                                                                                                                      | <p>Stuffed Shells with Marinara (18.18 g)<br/>Served With:<br/>- Breadstick, Ripstick, whole grain, 1.2 oz (14.00 g)<br/>Banana (26.95 g)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                           |

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Veggie Burger (33.00 g)<br>Served With:<br>- O - Lettuce, Iceburg, shredded, ready-to-serve (0.54 g)<br>- Tomatoes, fresh, 1/8-inch sliced, ready-to-serve (0.87 g)<br>Pineapple Tidbits (8.22-16.43 g)<br>All American Deli Roasters (18.19 g)<br>Served With:<br>- Ketchup, Heinz 1.5 gallon dispenser pack (4.63 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)<br>Yellow Mustard |        | Diced Peaches (10.50-21.00 g)<br>Celery Sticks (0.96-1.92 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)<br>Light Ranch Dressing (2.50 g)                                                                                                |        | Mixed Garden Vegetables (5.68-11.37 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)                                                                                                                                          |        |                                                                                                                                                                                                                                                                                                     |        |                                                                                                                                                                                                                                                                                                                                                                                                             |        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 23 Oct |                                                                                                                                                                                                                                                                                                             | 24 Oct |                                                                                                                                                                                                                                                                                                | 25 Oct |                                                                                                                                                                                                                                                                                                     | 26 Oct |                                                                                                                                                                                                                                                                                                                                                                                                             | 27 Oct |
| Oven Baked Lasagna Roll w/ Breadstick (42.88 g)<br>Served With:<br>- Dinner Roll, Richs WG 1.25 oz (28.00 g)<br>Diced Peaches (10.50-21.00 g)<br>Mixed Garden Vegetables (5.68-11.37 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)                                                                                                                                                  |        | Falafel & Vegetable Sub (27.14 g)<br>Fresh Apple Slices (7.00 g)<br>Cucumber Coins (1.12-2.23 g)<br>Served With:<br>- Original Homestyle Ranch Salad Dressing, light, Hidden Valley (2.50 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g) |        | Veggie Pizza (48.91 g)<br>Applesauce Cup (6.27-12.54 g)<br>Crinkle Cut Sweet Potato Fries (24.92 g)<br>Served With:<br>- Ketchup, Heinz 1.5 gallon dispenser pack (4.63 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)      |        | Egg Salad Sandwich (29.38 g)<br>Diced Pears (6.36-12.71 g)<br>Garden Side Salad (3.50 g)<br>Served With:<br>- Original Homestyle Ranch Salad Dressing, light, Hidden Valley (2.50 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g) |        | Cheese Quesadilla (32.00 g)<br>Served With:<br>- Sour Cream, Daisy, cultured, pure and natural (1.00 g)<br>Chicken & Cheese Quesadilla (32.00 g)<br>Served With:<br>- Sour Cream, Daisy, cultured, pure and natural (1.00 g)<br>Fresh Orange Smiles (10.81 g)<br>Roasted Corn (8.41-16.82 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g) |        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 30 Oct |                                                                                                                                                                                                                                                                                                             | 31 Oct |                                                                                                                                                                                                                                                                                                | 1 Nov  |                                                                                                                                                                                                                                                                                                     | 2 Nov  |                                                                                                                                                                                                                                                                                                                                                                                                             | 3 Nov  |
| Chicken Alfredo, WG with Broccoli (36.34 g)<br>Served With:<br>- Dinner Roll, Richs WG 1.25 oz (28.00 g)<br>Flatbread, Mediterranean, Hummus, Rich's 6x6 flatbread (55.96 g)<br>Fresh Strawberries (5.53 g)<br>Roasted Summer Squash (3.28 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)                                                                                            |        | Veggie Tortellini Pasta Salad (22.18 g)<br>Served With:<br>- Garlic Knot, Ripstick (15.02 g)<br>Diced Peaches (15.63 g)<br>Roasted Broccoli Florets (2.52 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)                                 |        | Traditional Hamburger (26.00 g)<br>Served With:<br>- Ketchup, Heinz, 9gm PC (2.59 g)<br>- Mustard, classic yellow, PC (0.23 g)<br>- O - Lettuce, Iceburg, shredded, ready-to-serve (0.54 g)<br>- RO - Tomatoes, fresh, 2-1/2-inch to 2-3/4-inch diameter whole, diced, ready-to-serve (0.96 g) |        | Bean & Cheese de Chile Relleno Burrito (655.89 g)<br>Mandarin Oranges (15.97 g)<br>Tomato Corn Cilantro Salad (10.00 g)<br>Lactaid Milk (13.00 g)<br>Lowfat 1% White Milk (12.18 g)<br>Soy Milk (17.00 g)<br>White Skim Milk (12.15 g)<br>Sour Cream (1.00 g)                                       |        |                                                                                                                                                                                                                                                                                                                                                                                                             |        |

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|  |  | <div>Veggie Burger (33.00 g)<br/>Served With:<br/>- Ketchup, Heinz, 9gm PC (2.59 g)<br/>- Mustard, classic yellow, PC (0.23 g)<br/>- O - Lettuce, Iceburg, shredded, ready-to-serve (0.54 g)<br/>- RO - Tomatoes, fresh, 2-1/2-inch to 2-3/4-inch diameter whole, diced, ready-to-serve (0.96 g)<br/>Unsweetened Applesauce (14.00 g)<br/>Vegetarian Baked Beans (30.00 g)<br/>Lactaid Milk (13.00 g)<br/>Lowfat 1% White Milk (12.18 g)<br/>Soy Milk (17.00 g)<br/>White Skim Milk (12.15 g)</div> |  |
|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

Carbohydrate values in grams follow the Menu Item name