

SENIOR IN-CENTER OCTOBER LUNCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Build Your Own Burrito WG 6" Flour Tortilla 1ea Beef Barbacoa, Shred 3oz. w/pep.&onion@4oz. ea. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Honeydew Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	2 Chicken Breast 1ea (4oz.@26g Pro) w/ Alfredo Sauce 2oz WG Penne Pasta 1/2 c. +Hi C Salad 1 Cup Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.	3 Ranch Beans 1/2c. (Pinto 6g Pro) Shred. Cheese 1/2 oz. WWDinner Roll 1 ea. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.
6 Chicken Meatballs 3ea.(3oz.@14g Pro) w/ gravy 1 oz. WG Egg Noodle 1/2c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.	7 Pork Rib-B-Q (2.5oz@2oz Meat Eq.)1ea w/ gravy 1 oz. WWDinner Roll 1 ea. Greenbeans 1/2c. +Hi C Salad 1 Cup Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.	8 On Hamburger on Bun Beef Patty 1 ea. (2.25 oz@13g Pro) Cheese 1 sl. Tomato, Lettuce, Onion 1 ea. *Broccoli Salad 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.	9 Chick. Fajita Strips (3oz.@15g Pro) w/ WG 6" Flour Tortilla 1ea Corn sauté w/ peppers & onions 1/2c +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	10 Vegetable Chili 1/2c. (Pinto 8g Pro) Shred. Cheese 1/2 oz. WWDinner Roll 1 ea. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.
13 Orange Chicken (3.6 oz.@2 oz. Meat Eq (#10 scoop) WG Wild Rice 1/2 c. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	14 Pepper Steak 1ea (2.25oz.@2oz Meat Eq.) w/gravy1oz. WWDinner Roll 1 ea. Margarine 1ea. *Mashed Potato 1/2c. **Calif. Mix Veg. 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	15  Frankfurter 1ea (Beef 2 oz. Meat Eq) on WG Hot Dog Bun 1 ea. +Coleslaw 3/4 c. Ketchup 1 ea. Mustard 1 ea. Diced Peaches 1/2c. 1/2pt 1%White Milk 1 ea.	16 Chicken Patty 1 ea. (3.29oz@2 oz. Meat Eq. & 1 oz. Grain Eq.) w/Marinara Sauce 1 oz. WG Penne Pasta 1/2 c. Italian Veg.1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	17 Beef (2.5oz.@15g Pro.) Broccoli (4oz) @ 6oz ea. Rice, Black 1/2 c. **Sweet Potatoes1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
20 Chicken Thigh 1ea (4oz.@19g Pro.) w/Mushroom Sauce WG Barley 1/2 c. *Broccoli 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	21 Beef Meatloaf 1ea. Meatloaf (3.15 oz@2.25oz Meat Eq.) w/gravy 1oz. WG Egg Noodle 1/2c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	22 Sandwich, Tuna (2oz @13g Pro.) & (.5 oz egg & 2oz veg.) @1/2 c. ea. on WW Bread 2 sl. +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	23 Build Your Own Burrito WG 6" Flour Tortilla 1ea Turkey, Seasoned 4oz. (18.55g Pro) Pinto Beans 1/4c. (3.5g Pro) Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	24  Country Fried Steak, Beef 3.2oz@12gPro w/ country gravy 2 oz. WWDinner Roll 1 ea. Mashed Potato 1/4c. Greenbeans w/red peppers 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
27 Tandoori Chicken Thigh 1 ea. (4oz.@19g Pro.) WG Quinoa 1/2 c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	28 Pork Rib-B-Q (2.5oz@2oz Meat Eq.)1ea Sand. On Whole Wheat Bun 1 ea. *Broccoli Salad 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	29 Swiss Bf.Patty1ea. (2.25oz. @2oz Meat Eq.) WWDinner Roll 1 ea. +Hi C Salad 1 Cup *Parsley Potato 1/2 c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	30 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Rice Blend 1 c. *Broccoli 1/2c. Mixed Fruit ½ c. 1/2pt 1%White Milk 1 ea.	31 Beef Patty (2.25oz @13g Pro) 1ea w/grv 1oz. WG Egg Noodle 1/2c. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.

*Vitamin C everyday
**Vitamin A 2-3x/week
+ Vitamin C & A