

LEGACY LINK

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Meatballs/Gravy Mixed Beans Mustard Greens Cornbread Fresh Fruit Chocolate Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken	Chicken Salad Pasta Salad Three Bean Salad Wheat Crackers Fresh Banana Milk Diet - Same
5	6	7	8	9
Garlic Rosemary Chicken Whipped Potatoes Italian Vegetables Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Graham Crackers ALT: Beef w/Mushroom Gravy	Vegetable Beef Soup Buttered Rice Green Beans Saltine Crackers Orange Gelatin Milk Margarine Diet - Gelatin	BBQ Rib Patty Country Corn Mustard Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same ALT: BBQ Chicken	Chicken and Dumplings Parslied Carrots Green Peas Whole Grain Roll Fresh Fruit Milk Margarine Diet - Same	Hamburger Patty Baked Pinto Beans Potato Wedges Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Chocolate Milk Mustard/Mayonnaise Catsup - 2 Diet - Same ALT: Veggie Burger
12	13	14	15	16
Meatloaf/Tomato Gravy Cheesy Whipped Potatoes Herbed Green Beans Dinner Roll Oatmeal Cookie Milk Margarine Diet - Vanilla Wafers ALT: Chicken with Gravy	Turkey Ham w/White Beans Glazed Carrots Turnip Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same	Lemon Pepper Chicken Macaroni and Cheese Okra and Tomatoes Whole Grain Roll Rosy Applesauce Milk Margarine Diet - Same ALT: Salisbury Steak	Beef Spaghetti Casserole Mixed Vegetables Tossed Salad Texas Bread Peach Cobbler Chocolate Milk Margarine Ranch Dressing Diet - Peaches	Chicken Salad Pasta Salad Three Bean Salad Wheat Crackers Fresh Banana Milk Diet - Same
19	20	21	22	23
Chicken Noodle Casserole Green Peas Dilled Carrots Whole Grain Roll Fudge Round Milk Margarine Diet - Vanilla Wafers	Teriyaki Meatballs Confetti Rice Japanese Vegetables Wheat Bread Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit ALT: Sweet & Sour Chicken	Oven Fried Chicken Whipped Potatoes Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch Dressing Diet - Same ALT: Beef w/Pepper Gravy	Sausage with Onions & Peppers Baked Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Catsup Diet - Same ALT: Sloppy Joe Meatballs	Beef Chili Baked Potato Broccoli/Cheese Cornbread Fresh Fruit Milk Margarine - 2 Sour Cream Diet - Same
26	27	28	29	30 - Halloween
Beef Rice Casserole Country Corn Spring Vegetables Whole Grain Roll Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	Fajita Chicken Yellow Rice Black Beans Lettuce/Tomato/Cheese Flour Tortilla Fresh Fruit Milk Taco Sauce/Sour Cream Diet - Same ALT: Beef Taco Meat	Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Sugar Cookie Milk Margarine Vinegar Diet - Vanilla Wafers	Beef w/Mushroom Gravy Twice Whipped Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Chocolate Milk Margarine Diet - Same ALT: Chicken w/Creole Sauce	Sausage Patty - 2 Cheese Grits Hot Spiced Apples Grape Juice Biscuit Milk Margarine Jelly Diet - Same