| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
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| Coptember  | 1. Lunch: Baked Ham, Baked Potato, Monte Carlo Blend Snack: Cookies  Supper: Meatloaf, Macaroni & Cheese, Broccoli Salad, Side Salad, Fruit                                  | 2. Lunch: Cheese, BBQ Bacon, Chicken Casserole, Dinner Roll, 3 Bean Salad, Snack Mix Squares  Supper: Country Fried Steak, Mashed Potatoes, Gravy, Corn, Side Salad, Fruit                  | 3. Lunch: Sweet & Sour Meatballs, Garlic Mashed Potatoes, Island Blend Snack: Fresh Fruit Cup Supper: Goulash, Dinner Roll, Green Beans, Side Salad, Fruit | 4. Lunch: Chicken & Broccoli Alfredo, Breadstick, Squash Casserole Snack: Ice Cream Supper: Roast Beef Salad Sandwich, Soup, Carrots, Side Salad, Fruit                                 | 5. Lunch: Salmon, Sweet Potatoes, Summit Blend Snack: Apple Snickers Salad Supper: Swedish Meatballs over Egg Noodles, Italian Blend Fruit  | 6. Lunch: Crispy Chicken Salad, Breadstick, Peas & Carrots Snack: Rice Crispies Bars  Supper: Beer Brat on a bun, Potato Salad, Country Style Green Beans, Fruit |
| 7. Lunch: Swiss Steak, Mashed Potato & Gravy, Summit Blend Snack: Fruit of the Forest Pie à la mode  Supper: Bourbon Glazed Chicken Breast, Long Grain wild Rice, Green Beans, Side Salad, Fruit | 8. Lunch: Provolone Burger with Caramelized Onion w/ Potato wedges, Grilled Vegetables Snack: Million Dollar Dessert Supper: Corndog, Potato Salad, Fresh Veggies cup, Fruit | 9. Lunch: Teriyaki Meatballs, broccoli over Rice, Carrots Snack: Crispy Pretzel Bars Supper: Chicken tender, Soup, Baked Beans, Side Salad, Fruit   | 10. Lunch: Goulash, Dinner Roll, Mont Carlo Blend Snack: Fresh Fruit Cup Supper: Egg Salad Sandwich, Soup, Mixed Vegetables, Side Salad, Fruit             | 11. Lunch: Mango Chicken Breast over Rice, Egg Roll, Wax Beans Snack: Ice Cream Supper: Hot Dog on a bun, Buttered Gnocchi Pasta, Peas & Carrots Side Salad, Fruit                      | 12. Lunch: Roasted Turkey w/ Stuffing, gravy, Cranberry Sauce, Summit Blend Snack: Raspberry Layered Bars Supper: Tuna Pasta Salad, dinner roll, soup, Green Beans, Side Salad, Fruit | 13. Lunch: Hot Ham & cheese on a Croissant, Potato Salad, Capi Blend, Snack: Chocolate Delight Supper: French Dip, Macaroni Salad, carrots, Side Salad, Fruit    |
| 14. Lunch: Roast Beef, Mashed Potatoes & Gravy, Green Beans Snack: Strawberry Cream Pie Supper: Spaghetti with meat sauce, Breadsticks, Broccoli, Side Salad, Fruit                              | 15. Lunch: Meatloaf, Au Gratin Potatoes, Pickled Beets Snack: Mississippi Mud Cake Supper: Chipped Beef on a Biscuit, Winter Blend, Side Salad, Fruit                        | 16. Lunch: Creamy Chicken Stuffed Pepper Casserole, Garlic Toast, Carrots Snack: Texas Sheet Cake Supper: Country Fried Steak, Mashed Potatoes & Gravy, Brussels Sprouts, Side Salad, Fruit | 17. Lunch: French Onion Meatballs, Mashed Potatoes & Gravy, Creamed Peas Snack: Trash Brownies Supper: Cheeseburger, Potato Salad, Side Salad, Fruit       | 18. Lunch: Mac & Cheese with Ground Beef, diced Tomatoes & Dinner Roll, Monti Carlo Blend Snack: Ice Cream Treats  Supper: Chicken Bacon Ranch Sandwich, Pasta Salad, Side Salad, Fruit | 19. Lunch: Cod Loin, Long Grain Wild Rice, orange Beets Snack: Pina Colada Poke Cake Supper: Garlic-Parmesan Chicken Breast, Long Grain Wild Rice, Mixed Vegetable, Side Salad, Fruit | 20. Lunch: California Burger, soup, Carrot Salad Snack: Fresh Fruit Cup Supper: Chicken Bacon Ranch Sandwich, Pasta Salad, Side Salad, Fruit                     |
| 21. Lunch: Baked Ham, Mashed Potatoes & Gravy, Peas Snack: Apple Pie Supper: Goulash, Dinner Roll, Green Beans, Side Salad, Fruit  | 22. Lunch: Fruity Chicken Salad, Dinner Roll, Stewed Tomatoes Snack: Kentucky Pound Cake Supper: Ham Salad on Croissant, Soup, Pickled Beets, Side Salad, Fruit              | 23. Lunch: Sweet & Sour Pork Chops, Scalloped Potatoes, Broccoli Snack: Strawberry Lemonade cookies  Supper: Mushroom Swiss Burger, Pasta Salad, Peas & Carrots, Side Salad, Fruit          | 24. Lunch: Tater Tot Hotdish, Dinner Roll, Capri Blend Snack: Fresh Fruit Cup Supper: Pulled Pork Taco, Grilled Vegetables, Soup, Side Salad, Fruit        | 25. Lunch: Philly Cheese Steak Sandwich, Soup, Winter Blend Snack: Ice Cream Supper: Hot Dog on a Bun, Potato Salad, California Blend, Side Salad, Fruit                                | 26. Lunch: Bourbon Glazed Beef Tips over Rice, Cucumber Salad Snack: Fresh Fruit Cup Supper: Pulled Pork Taco, Grilled Vegetables, Soup, Side Salad, Fruit                            | 27. Lunch: Bacon Cheeseburger, Macaroni & Cheese, Baked Beans Snack: Peanut Butter Bars Supper: Turkey Salad on a Croissant, Soup, Wax Beans, Side Salad, Fruit  |
| 28. Lunch: Country Fried Steak, Mashed Potatoes & Gravy, Squash Snack: Banana Cream Pie Supper: Meatball Tortellini Bake, Breadsticks, Broccoli, Side Salad, Fruit                               | 29. Lunch: Chicken Tetrazzini, Garlic Toast, Maple Bacon Carrots Snack: Tropical Summer Cake Supper: Lasagna, Side Salad, Dinner roll, Fruit                                 | 30. Lunch: Chicken Kiev, Baked Potato, Broccoli Salad Snack: Chocolate Fudge Cake Supper: Reuben Bowl, Dinner Roll, Baked Beans, Side Salad, Fruit  |  |   |   |  |