



month: October

1	Get Your Own	2	Roast Pork & Root Veggies w/ Gravy	3	Bagged Salad	4	Pizza	5	Scalloped Potatoes w/ Sausage & Mixed Veggies	6	Cod & Corn Chowder w/ Dinner rolls	7	Taco Dip
8	Leftovers	9	Salad Bar	10	Shells, Tomato Soup, Cheddar & Green Veggies	11	Bagged Salad	12	Fish Tacos w/ Coleslaw	13	Bagged Salad	14	Leftovers
15	Get it yourself	16	Citrus Salmon, Rice & Salad	17	Bagged Salad	18	Brown Rice with Tomato, Onion Sauce	19	Indian Rice	20	*100* Easy Chinese Chicken w/ Rice & Salad	21	Leftovers
22	Chili Stuffed Sweet Potatoes	23	Tilapia w/ Squash & Rice	24	Cheesy Potato Sausage Soup	25	Leftovers	26	Cauliflower Mac & Cheese	27	Taco Dip	28	Leftovers
29	Taco Stuffed Bell Peppers	30	Parmesan Crusted Tilapia w/ Rice & Carrots	31	Halloween Leftovers								

100 100 Days of Real Food Books