

MERCER COUNTY NUTRITION LUNCHES
October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 GARDEN VEGETABLE CHEESE OMELET W/ KETCHUP</p> <p>JUICE</p> <p>SAUSAGE PATTY</p> <p>(2) HASH BROWN W/KETCHUP</p> <p>PUMPERNICKEL/RYE SWIRL</p> <p>FRUIT CUP</p>	<p>2 MEATBALLS W/ TOMATO SAUCE & PARMESAN CHEESE</p> <p>LENTIL SOUP</p> <p>SPAGHETTI W/ TOMATO SAUCE</p> <p>PEAS & PEARL ONIONS</p> <p>ITALIAN BREAD</p> <p>OATMEAL COOKIE</p>	<p>3 POI ROAST W/ GRAVY</p> <p>JUICE</p> <p>BARLEY PILAF</p> <p>MIXED VEGETABLES</p> <p>WHOLE WHEAT BREAD</p> <p>CHOCOLATE PUNDDING</p>	<p>4 CHICKEN MARSALA</p> <p>JUICE</p> <p>TRI-COLOR POTATO MEDLEY</p> <p>ZUCCHINI & STEWED TOMATOES</p> <p>PUMPERNICKLE BREAD PLUM</p>	<p>5 TUNA SALAD PLATTER W/ LETTUCE LEAF</p> <p>MANHATTAN CLAM CHOWDER</p> <p>POTATO SALAD</p> <p>SNAP PEAS</p> <p>(2 slices) RYE BREAD</p> <p>BLACK & WHITE COOKIE</p>
<p>8  COLUMBUS DAY HOLIDAY</p> <p>NUTRITION SITES CLOSED</p>	<p>9 BEEF CHILI</p> <p>JUICE</p> <p>BROWN RICE</p> <p>CAESAR SALAD: ROMANE, PARMESAN CHEESE, CROITONS AND CAESAR DRESSING</p> <p>DINNER ROLL</p> <p>MANDARIN ORANGES</p>	<p>10 SWEET & SOUR CHICKEN</p> <p>NAVY BEAN</p> <p>CONFETTI RICE</p> <p>WINTER VEGETABLES</p> <p>WHOLE WHEAT BREAD</p> <p>DIXIE CUP OF ICE CREAM</p>	<p>11 CHEESE LASAGNA W/TOMATO SAUCE & PARMESAN CHEESE</p> <p>JUICE</p> <p>CORN& RED PEPPERS</p> <p>GREEN BEAN SALAD</p> <p>ITALIAN BREAD</p> <p>BROWNIE</p>	<p>12 Fitness Friday</p> <p>A SALAD WITH CHOPPED TURKEY & PROVOLONE CHEESE, ROMANE LETTUCE, CROITONS, DRIED CRANBERRIES AND CUCUMBER SLICES W/ BALSAMIC VINAIGRETTE</p> <p>CHICKEN VEGETABLE SOUP</p> <p>SUN CHIPS</p> <p>RYE BREAD</p> <p>GRAMAM CRACKERS</p>
<p>15 PIZZA W/ MUSHROOMS</p> <p>TURKEY RICE SOUP</p> <p>THREE BEAN SALAD</p> <p>BET SALAD</p> <p>MUFFIN</p> <p>FRESH APPLE SLICES</p>	<p>16 CHICKEN TETRAZZINI</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>BROCCOLI</p> <p>PUMPERNICKEL BREAD</p> <p>POUND CAKE</p>	<p>17 (2) BEEF STUFFED SOFT TACOS W/SHREDDED CHEDDAR CHEESE</p> <p>JUICE</p> <p>RICE W/BEANS</p> <p>SHREDDED LETTUCE & TOMATO</p> <p>SOFT TACO SHELL</p> <p>JELLO W/FRUIT</p>	<p>18 Advisory Council Mtg. Hopewell</p> <p>ROASTED TURKEY W/ GRAVY</p> <p>JUICE</p> <p>BROWN & WILD RICE BLEND</p> <p>CALLIFLOWER</p> <p>WHOLE WHEAT BREAD</p> <p>ORANGE SHERBET</p>	<p>19 CRAB CAKES W/TARTAR SAUCE</p> <p>CORN CHOWDER</p> <p>MACCARONI & CHEESE</p> <p>STEWED TOMATOES</p> <p>WHOLE WHEAT BEN</p> <p>STRAWBERRY YOGURT</p>
<p>22 SAUSAGE W/TOMATO SAUCE</p> <p>BEEF & BARLEY SOUP</p> <p>BOILED POTATOES W/ BUTTER & HERB PEPPERS AND ONIONS</p> <p>CLUB ROLL</p> <p>VANILLA PUDDING</p>	<p>23 Birthdays Celebration Menu</p> <p>(2) HOTDOGS W/KETCHUP, MUSTARD AND RELISH (2) EACH</p> <p>JUICE</p> <p>BAKED BEANS</p> <p>COLE SLAW</p> <p>(2) HOT DOG ROLLS</p> <p>CUPCAKE</p>	<p>24 PORK LOIN W/ APPLE GRAVY</p> <p>JUICE</p> <p>WHIPPED SWEET POTATOES</p> <p>CARROT COINS</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>CEREAL BAR</p>	<p>25 LOW-SALT HAM W/PINEAPPLE SALSA</p> <p>CHICKEN NOODLE SOUP</p> <p>TATER TOTS W/KETCHUP</p> <p>BUTTERNUT SQUASH</p> <p>RYE BREAD</p> <p>CHOCOLATE CHIP COOKIES</p>	<p>26 "Healthwise"</p> <p>BAKED FISH W/TARTAR SAUCE</p> <p>CORN CHOWDER</p> <p>VEGETABLE RICE</p> <p>BRUSSEL SPROUTS</p> <p>PUMPERNICKEL BREAD</p> <p>PEAR</p>
<p>29 Super Monday (Soup & Sandwich)</p> <p>WHEAT WRAP W/ ROASTED TURKEY, PROVOLONE CHEESE, AND LETTUCE W/MAYO</p> <p>VEGETARIAN SPLIT PEA</p> <p>PASTA SALAD</p> <p>BROCCOLI SALAD</p> <p>FIG BAR</p>	<p>SITE</p> <p>MANAGER MEETING</p> <p>COLD BOXED LUNCH</p> 	<p>31 Fall Meal FEST</p> <p>BEEF STEW</p> <p>JUICE</p> <p>WIDE NOODLES</p> <p>GREEN BEANS</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>CANDY CORN</p>	<p>BRIAN M. HUGHES COUNTY EXECUTIVE</p> 	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>