



Want a Lunch? Call the Senior Center 307-348-7387 by 9 am, morning of the meal. Thank You!

<div>OCTOBER 2021</div> <div></div>	<div>October 29th, come dressed in Halloween Attire, best costume wins a prize!</div> <div>NO OCTOBER BIRTHDAYS</div>				<div>FRIDAY 1</div> <div>Broccoli/Cheese Soup Turkey Sandwich Lettuce, tomato, pickle Peaches Milk</div>	<div>SATURDAY 2</div> <div>BREAKFAST 9:00 am Howlin French Toast Batty Bacon Witches Juice</div>
<div>Recommended Serving Sizes</div> <div>3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</div>	<div>MONDAY 4</div> <div>Beef Fajita Steamed Rice Broccoli Pineapple Tidbits Milk</div>	<div>TUESDAY 5</div> <div>Meatloaf Oven Potatoes Corn Wheat Bread Pears Milk</div>	<div>WEDNESDAY 6</div> <div>Sweet/Sour Chicken Steamed Rice Stir Fry Vegetable Egg Roll Citrus Fruit Milk</div>	<div>THURSDAY 7</div> <div>Beef Stroganoff Noodles Steamed Carrots Wheat Roll Purple Plums Milk</div>	<div>FRIDAY 8</div> <div>White Bean Chicken Chili Tossed Salad Cornbread Mandarin Oranges Milk</div>	<div>SATURDAY 9</div>
	<div>MONDAY 11</div> <div>Hamb. Steak/onion Mashed Potatoes Beets Wheat Bread Fruit Cocktail Milk</div>	<div>TUESDAY 12</div> <div>Chicken a la King Biscuits Asparagus Cherries Milk</div>	<div>WEDNESDAY 13</div> <div>Porcupine Meatballs Mixed Vegetables Wheat Roll Pears Milk</div>	<div>THURSDAY 14</div> <div>BBQ Pork Riblet Potato Wedges Green Beans Wheat Bread Peaches Milk</div>	<div>FRIDAY 15</div> <div>Roast Beef Mash. Pot./Gravy Wheat Roll Asparagus Apricots Pumpkin Bars Milk</div>	<div>SATURDAY 16</div> <div>BREAKFAST 9:00 am Spooky Burritos (Sausage, Egg, Peppers n' Onions) Hashbrowns Witches Juice</div>
<div>Craft Day October 18th 8:30-10</div>	<div>MONDAY 18</div> <div>Pork Roast Sweet Potato Broccoli Wheat Bread Applesauce Milk</div> <div>Craft Day!</div>	<div>TUESDAY 19</div> <div>Beef Tacos Lettuce, tomato, cheese Refried Beans Corn Pineapple Tidbits Milk</div>	<div>WEDNESDAY 20</div> <div>Oven Chicken Mash. Pot./gravy Steamed Peas Wheat Roll Mandarin Oranges Milk</div>	<div>THURSDAY 21</div> <div>Chili Cheese/onion Tossed Salad Citrus Fruit Cinnamon Roll Milk</div>	<div>FRIDAY 22</div> <div>Salmon Patty O'Brien Potatoes Brussels Sprouts Wheat Roll Fruit Cocktail Milk</div>	<div>SATURDAY 23</div>
	<div>MONDAY 25</div> <div>Chicken Strips French Fries Beets Wheat Roll Cherries Milk</div>	<div>TUESDAY 26</div> <div>Ham & Beans Cole Slaw Cornbread Peaches Milk</div>	<div>WEDNESDAY 27</div> <div>Chicken Alfredo Noodles Squash Blend French Bread Strawberries Milk</div>	<div>THURSDAY 28</div> <div>Cheeseburger Lettuce, tomato, onion Tater Tots Carrot Raisin Salad Applesauce Milk</div>	<div>FRIDAY 29</div> <div>Crab Cake Macaroni/cheese Broccoli Wheat Bread Purple Plums Milk</div>	<div></div>