














October Menu 2018
Site: Rapid City



<p>#20-1A 1 Salisbury Steak w/Gravy 1CS Baked Potatoes 1CS California Vegetable Orange Juice 1CS Plums 1CS</p> 	<p>#27 2 Rotini w/Italian Chicken 1 1/2CS Baked Squash 1CS Tossed Salad Orange 1CS</p>	<p>#19-3 3 Beef Tips & Gravy Oven Baked Rice 1 1/2CS Broccoli Apricots 1CS</p> 	<p>#7-3 4 Pork Chop w/celery sauce Mashed Potatoes 1CS Carolina Beans 2CS Brussels Sprouts LS V-8 Juice Med. Banana 2CS</p>	<p>#3-1A 5 Swedish Meatballs Parslied Potatoes 1CS Baked Squash 1CS Tossed Salad w/Tomatoes Berry Fruit Salad 1CS</p>
<p>#10 8 Chicken Fried Steak 1CS Mashed Potatoes w/Gravy 1CS Peas 1CS Apricots 1CS</p>	<p>#C57C HAPPY BIRTHDAY 9 Beef Noodle Stroganoff 2CS Baked Sweet Potato 1 1/2 CS Cooked Cabbage Pears 1CS Cake 2CS</p> 	<p>#1-2A 10 Cream of Potato Soup 1 1/2CS Egg Salad Sandwich 2CS Slice Cucumbers Mandarin Oranges 1CS</p>	<p>#16 11 Chili 1 1/2CS Cinnamon Roll w/Almonds 2CS Baby Carrots 1/2 CS Lt. Fruit Yogurt 1CS Med Orange 1CS</p> 	<p>#14 12 Pork Roast Boiled Potatoes w/Gravy 1 CS Peas & Carrots 1/2CS Cranberry Sauce 1CS Orange Juice 1CS Jello w/Topping</p>
<p>#71 15 Chicken Parmesan Scalloped Potatoes 2CS Corn O'Brian 1CS LS V-8 Juice Tropical Fruit 1CS</p> 	<p># 23 16 Meatloaf 1/2CS Oven Browned Potatoes 1CS Green Beans Almondine Baby Carrots 1/2CS Jello w/fruit 1CS</p>	<p>#83 17 Homemade Tomato Soup 1CS Cheese Sandwich (cold) 2CS Spinach Salad w/Mandarin Or 1/2CS Med. Banana 2CS</p>	<p>#76B 18 Breaded Baked Fish Baked Potato w/Sour Cream 2CS Harvard Beets 1CS Pineapple Tidbits 1CS</p>	<p>#20-1A 19 Spaghetti w/Meat Sauce 2CS Broccoli Peaches 1CS Garlic Bread 1CS</p> 
<p>#15-A1 22 Hamburger on a Bun 1CS Potato Salad 1 1/2CS Cooked Carrots 1/2CS Apple Juice 1CS Med. Banana 2CS</p>	<p>#62A 23 LS Ham Parslied Potatoes 1CS Peas 1CS Med Orange 1CS Cooked Apples 1 1/2CS</p> 	<p>#25-1A 24 Taco Salad w/Meat & Beans 2CS Unsalted Crackers 1CS Fruit Crisp 1 1/2CS Vanilla Ice Cream 1CS</p>	<p>63B 25 Scrambled Eggs w/Cheese Hashbrown Patty 1CS Glazed Carrots 1/2CS Strawberries 1CS</p> 	<p>#70D 26 Roast Beef Mashed potatoes w/Gravy 1CS Baked Squash 1 1/2CS Crunchy Cranberry Salad 1CS Apricots 1CS</p>
<p>#C4-52 29 Chicken Enchilada 1CS Spinach Salad w/1 hard egg 1/2CS Orange 1CS Banana Bar 2CS</p> 	<p>#8 30 Steak & Tater Stew 1 1/2CS Whole Wheat Crackers 2CS Orange Juice 1CS Fruit Crisp 1 1/2CS</p>	<p># 31  Chef's Choice</p>		

*All meals include 8 oz. 1% milk (1 CS)
Choice of 1-2 bread / grain servings (1 – 2 CS)
Carb Servings = (CS) (1 = 15 grams Carbohydrate)
marked for diabetic diets
**All canned fruit is in light syrup
**Fat free dressing is served with salad

*****MENU SUBJECT TO
CHANGE WITHOUT NOTICE*****

**FOR RESERVATIONS OR CANCELLATION
PLEASE CALL
THE MEALS PROGRAM OFFICE AT 394-6002
OR THE MAIN KITCHEN AT 343-8214
24 HRS. IN ADVANCE
Please leave your name, where you eat and what day**