

FOR SEPTEMBER CALENDER,
PLEASE FLIP THE PAGE OVER

OCTOBER

2018

Oven Fried Chicken California Blend Vegetables Macaroni and Cheese Fruit Salad Calories: 670 Carbs: 96g Fat: 12.5g Protein: 21g Sodium: 1,001mg	Grilled Chicken Sandwich Broccoli and Cauliflower Tomato/Onion/Pickles Baked Apples Calories: 525 Carbs: 59g Fat: 13.5 Protein: 36g Sodium: 669mg	Taco Salad Steamed Corn Pinto Beans Graham Cracker Calories:663 Carbs: 94g Fat: 15g Protein: 38g Sodium:927mg	Cranberry Chicken Three Bean Salad Cornbread Pear Cup Calories: 640 Carbs: 90g Fat: 14.5g Protein: 30g Sodium: 905mg	Crusted Tilapia Mixed Vegetables White Rice Chocolate Pudding Calories: 555 Carbs: 57g Fat: 17g Protein: 39g Sodium: 1,000mg
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
Chili Black Beans Cornbread Yogurt *2% Milk Quart* Calories: 660 Carbs: 76g Fat: 19.5g Protein: 35g Sodium: 989mg	Lemon Chicken Fancy Three Bean Salad White Rice Cottage Cheese with Peaches Calories: 620 Carbs: 52g Fat: 11.5g Protein: 43.5g Sodium: 940mg	Hamburger on Wheat Bun Pinto Beans Oven Fries Lettuce/tomato/onion Fruit Salad Calories: 740 Carbs: 92g Fat: 24g Protein: 39g Sodium: 667mg	Chicken and Dumplings Fancy Cut Sweet Potatoes Roasted Brussel Sprouts Sugar Free Jello Calories: 565 Carbs: 63g Fat: 12g Protein: 21g Sodium: 915mg	Vegetable Lasgna Tuscany Blend Vegetables Mashed Potatoes Fruit Salad *2% Milk Quart* Calories: 590 Carbs: 88g Fat: 17g Protein: 37g Sodium: 790mg
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
Meatballs over White Rice Baby Carrots Sauteed Broccoli Chocolate Pudding *2% Milk Quart* 574 calories 34.4 g Protein 25 g Fat	Chicken Fried Steak w/ LS Gravy Green Beans Mashed Potatoes Banana Pudding Calories: 620 Carbs: 92g Fat: 14.5g Protein: 25g Sodium: 1,001mg	Chicken Fajitas w/ Onions & Peppers White Rice Steamed Corn Apple Calories: 720 Carbs: 72g Fat: 13.5 Protein: 38g Sodium: 725mg	Spaghetti and Sauce with Chicken Steamed Peas Capri Mixed Vegetables Chocolate Pudding Calories: 670 Carbs: 86g Fat: 12.5g Protein: 34g Sodium: 695mg	King Ranch Casserole White Rice Sauteed Spinach Tortilla Graham Cracker Calories: 747 Carbs: 72g Fat: 21g Protein: 21g
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
Baked Pasta Italian Vegetables Tossed Salad Dinner Roll Peaches 2% Milk Quart* Calories: 640 Carbs: 83g Fat: 15g Protein: 36g	Meatloaf Spinach Mashed Potatoes Apple Calories: 720 Carbs: 81g Fat: 28g Protein: 33g Sodium: 955mg	Garlic Herb Chicken Black-eyed Peas Winter Mix Vegetables Chocolate Pudding Calories: 725 Fat: 12g Carbs: 64g Protein: 53g Sodium: 579mg	Salisbury Steak Steamed Green Beans Mashed Potatoes Peaches Calories: 527 Carbs: 51g Fat: 24g Protein: 40g Sodium: 660mg	Turkey with LowSodium Gravy Green Beans Mashed Potatoes Vanilla Pudding Calories: 552 Carbs: 67g Fat: 9g Protein: 28g Sodium: 851mg
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
Beef and Vegetable Stir Fry White Rice Steamed Broccoli Orange 2% Milk Quart* Calories: 562 Carbs: 90.03g Fat: 8.8g Protein: 38g Sodium: 989mg	Baked Chicken w/ Mushrooms Black Beans Capri Mix Vegetables Apple Calories: 640 Carbs: 78.2g Fat: 13.5g Protein: 41g Sodium: 897mg	Sliced Turkey with Pineapple Green Beans Wheat Roll Apple Calories: 505 Carbs: 79g Fat: 7.5g Protein: 23g Sodium: 690mg	Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996	
29-Oct	30-Oct	31-Oct		
			IMPORTANT Milk quarts will be delivered once a week, try drinking one serving of the quart with lunch each day ***Nutritional facts provided include a serving of milk***	

PLEASE NOTE: SIDE ITEMS MAY CHANGE WITH FRESH PRODUCE SHIPMENTS PROVIDED BY THE NORTH TEXAS FOOD BANK.