

October 2022

Clearfield County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Hot Dog w/Condiments Tater Tots Baked Beans Hot Dog Bun Fudge Brownie Cookie Milk Low Fat 2%</p>	<p>4</p> <p>Cheese Ravioli Marinara Italian Green Beans Diced Carrots White Bread w/ Margarine Yogurt Milk Low Fat 2%</p>	<p>5</p> <p>Ham w/ Honey Glaze Glazed Yams Harvard Beets Wheat Bread w/ Margarine Pumpkin Mousse Milk Low Fat 2%</p>	<p>6</p> <p>Macaroni and Cheese Stewed Tomatoes Peas Sweet Yeast Roll Applesauce Milk Low Fat 2%</p>	<p>7</p> <p>Country Steak w/ Gravy Parslied Red Potatoes Whole Kernel Corn White Bread Mandarin Oranges Milk Low Fat 2%</p>
<p>10</p> <p>Columbus Day No Hot Meal Delivery</p>	<p>11</p> <p>Polish Sausage w/Onions Steamed Potatoes Diced Carrots Hoagie Roll Vanilla Pudding Milk Low Fat 2%</p>	<p>12</p> <p>Breaded Pollock w/Tartar Sauce Rice Pilaf Capri Vegetable Blend Dinner Roll w/ Margarine Diced Peaches Milk Low Fat 2%</p>	<p>13</p> <p>Braised Chicken w/Mushrooms Garlic Penne Peas Wheat Bread w/ Margarine Sugar Cookie Milk Low Fat 2%</p>	<p>14</p> <p>Spaghetti & Meatballs Italian Green Beans Cucumber Salad Garlic Roll w/ Margarine Pineapple Coconut Tapioca Milk Low Fat 2%</p>
<p>17</p> <p>Breaded Chicken Breast Sweet Potatoes California Vegetable Blend White Bread w/ Margarine Banana Pudding Milk Low Fat 2%</p>	<p>18</p> <p>Smothered Pork Chop Barley Pilaf Capri Vegetable Blend Wheat Roll w/Margarine Chocolate Pudding Milk Low Fat 2%</p>	<p>19</p> <p>Garlic Rosemary Chicken Rice Pilaf Peas and Carrots Wheat Bread w/ Margarine Diced Pears Milk Low Fat 2%</p>	<p>20</p> <p>Pepper Steak Roasted Red Potatoes Diced Carrots White Bread w/ Margarine Strawberry Trifle Milk Low Fat 2%</p>	<p>21</p> <p>Turkey Burger French Fries Baked Beans Hamburger Bun Chocolate Chip Cookie Milk Low Fat 2%</p>
<p>24</p> <p>Italian Sausage Sub Penne Pasta Marinara Capri Vegetable Blend Hoagie Roll Butterscotch Pudding Milk Low Fat 2%</p>	<p>25</p> <p>Swedish Meatballs w/ Gravy Buttered Egg Noodles Green Peas Split Top Roll Mandarin Oranges Milk Low Fat 2%</p>	<p>26</p> <p>Baked Chicken Tenders Tater Tots Whole Kernel Corn Dinner Roll w/Margarine Cinnamon Roll Milk Low Fat 2%</p>	<p>27</p> <p>Pierogies w/ Buttered Onions Sauerkraut Diced Beets White Bread w/ Margarine Applesauce Milk Low Fat 2%</p>	<p>28</p> <p>Beef Pot Roast Mashed Potatoes Diced Carrots Wheat Bread w/ Margarine Oatmeal Raisin Cookie Milk Low Fat 2%</p>
<p>31</p> <p>BBQ Chicken Breast Roasted Red Potatoes Cauliflower au Gratin Buttermilk Biscuit Diced Peaches Milk Low Fat 2%</p>			<p>Pumpkin is November's Superfood and are rich in Antioxidants, Beta Carotene, and vitamin A</p>	



If you are planning to go out, please call us and let us know so we can stop your meal for the day. 814-765-2696 or 1-800-225-8571.

