
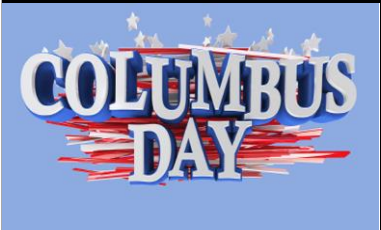


NCAA Golden Meals  
**October 2021**

Diane Randecker, Director 815-232-8896

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

				10/1
				
10/4	10/5	10/6	10/7	10/8
Sloppy Joes Oven Potatoes Peas and Carrots	Spaghetti Corn Apricots Wheat Bread	Salisbury Steak Mashed Potatoes Carrots Wheat Bread	Turkey Tetazzini Green Beans Apple Sauce Wheat Bread	Seedish Meatballs Wild Rice Peas Wheat Bread
10/11	10/12	10/13	10/14	10/15
				
	Baked Chicken Mashed Potatoes Carrots Wheat Bread	Beef and Noodles Green Beans Fruit Wheat Bread	Ham loaf Sweet Potatoes Mixed Vegetables Wheat Bread	Tuna Noodles Peas Fruit Wheat Bread
10/18	10/19	10/20	10/21	10/22
Stuffed Green Peppers Carrots Fruit Wheat Bread	Chicken Noodle Casserole (Veggies in Casserole) Fruit Wheat Bread	Scalloped Potatoes & Ham Peas Fruit Wheat Bread	Ham Steak w/ Maple Glaze Sweet Potatoes Spinach Wheat Bread	Italian Sausage Sauerkraut Mashed Potatoes Fruit Bun
10/25	10/26	10/27	10/28	10/29
Beef Stew Corn Bread Fruit  -	Chicken Alfredo/Pasta Spinach Wheat Bread	Roast Beef Mashed Potatoes Green Beans Wheat Bread	Baked Cod in Lemaon Butter Augratin Potatoes Lima Beans Wheat Bread	Tator Tot Casserole (Veggies in Casserole) Fruit Wheat Bread