



NCAA Golden Meals  
**October 2024**

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**Menu Subject to Change**

	10/1	10/2	10/3	10/4
	Seasoned Chicken Thighs Mashed Potatoes Peas Whole Wheat Bread	Chili Corn Bread Peaches	Ham Loaf Sweet Potatoes Cream Corn Whole Wheat Bread	Oven Baked Garlic Butter Cod Seasoned Mashed Potatoes Spinach Whole Wheat Bread
10/7	10/8	10/9	10/10	10/11
Jumbo Beef Hot Dog Macaroni & Cheese Baked Beans Bun	Beef & Noodles Peas Pears Whole Wheat Bread	Swiss Steak Mashed Potatoes Carrots Whole Wheat Bread	Ham Tetrazzini Mixed Vegetables Applesauce Whole Wheat Bread	Cheeseburger Potato Wedges Baked Beans Bun
10/14	10/15	10/16	10/17	10/18
	Hearty Beef Stew (Veggies in Stew) Corn Bread Pears	Italian Sausage W/ Peppers Seasoned Potatoes Italian Vegetables Bun	Chicken Alfredo Peas Mixed Fruit Whole Wheat Bread	Sausage Egg Casserole Hash Browns Warm Spiced Applesauce Blueberry Muffin
10/21	10/22	10/23	10/24	10/25
Spaghetti Green Beans Peaches Whole Wheat Bread	Creamed Chicken over Biscuit Peas Mixed Fruit	Ham & Scalloped Potatoes Green Beans Pears Whole Wheat Bread	Pulled Pork Seasoned Potatoes Mixed Vegetables Bun	Baked Fish Potato Casserole Green Beans Whole Wheat Bread
10/28	10/29	10/30	10/31	
BBQ on a Bun Oven Potatoes Baked Beans	Seasoned Chicken Thighs Mashed Potatoes Peas Whole Wheat Bread	Chili Peaches Corn Bread	Ham Loaf Sweet Potatoes Cream Corn Whole Wheat Bread 