


**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**OCTOBER 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> <li>● CONTAINS TURKEY</li> <li>⊙ CONTAINS PORK</li> </ul> 		<ul style="list-style-type: none"> <li>● HAM &amp; BEANS w/ONIONS</li> <li>SPINACH</li> <li>MANDARIN ORANGES</li> <li>CHOCOLATE PUDDING</li> <li>CORNBREAD</li> <li>14 Gm Fat</li> <li>678 Calories</li> <li>1191 mg Sodium</li> </ul>	<p style="text-align: center;"><b>OKTOBERFEST</b></p> <ul style="list-style-type: none"> <li>⊙ BRATWURST on BUN</li> <li>CORN COBBETTE</li> <li>CORONADO SALAD</li> <li>SLICED PEACHES</li> <li>33 Gm Fat</li> <li>709 Calories</li> <li>883 mg Sodium</li> </ul>
<p>MINESTRONE SOUP BAKED POTATO PINEAPPLE CHUNKS CHOCOLATE CHIP COOKIES LOW SODIUM CRACKERS</p> <p style="text-align: right;">28 Gm Fat 863 Calories 713 mg Sodium</p>	<ul style="list-style-type: none"> <li>● TURKEY TETRAZINNI</li> <li>BROCCOLI</li> <li>AUTUMN GELATIN SALAD</li> <li>WHOLE WHEAT BREAD</li> </ul> <p style="text-align: right;">20 Gm Fat 673 Calories 1162 mg Sodium</p>	<p>SOFT TACO CALICO CORN FRESH BANANA</p> <p style="text-align: right;">21 Gm Fat 651 Calories 881 mg Sodium</p>	<ul style="list-style-type: none"> <li>⊙ BBQ PORK on BUN</li> <li>BUTTERED CABBAGE</li> <li>POTATO SALAD</li> <li>FRUIT COCKTAIL</li> </ul> <p style="text-align: right;">20 Gm Fat 650 Calories 611 mg Sodium</p>	<p>SWISS STEAK MASHED POTATOES MIXED GREEN SALAD w/DRSG CINNAMON APPLESAUCE WHOLE WHEAT BREAD</p> <p style="text-align: right;">25 Gm Fat 710 Calories 636 mg Sodium</p>
<ul style="list-style-type: none"> <li>⊙ PORK PATTIES in GRAVY</li> <li>MASHED POTATOES</li> <li>CUCUMBER TOMATO SALAD</li> <li>SLICED PEACHES</li> <li>WHOLE WHEAT BREAD</li> </ul> <p style="text-align: right;">37 Gm Fat 794 Calories 1233 mg Sodium</p>	<p>LEMON CHICKEN in MUSHROOM SAUCE GARDEN RICE PILAF COMBINATION SALAD w/DRSG BERRY &amp; PEAR FRUIT MIX WHOLE WHEAT BREAD</p> <p style="text-align: right;">19 Gm Fat 629 Calories 858 mg Sodium</p>	<p>GROUND BEEF STROGANOFF CALIFORNIA MIX VEGETABLES CITRUS MIX STRAWBERRY GELATIN WHOLE WHEAT BREAD</p> <p style="text-align: right;">27 Gm Fat 734 Calories 758 mg sodium</p>	<p>CRANBERRY MEATBALL CREAMY SCALLOPED POTATOES SPINACH SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD</p> <p style="text-align: right;">25 Gm Fat 902 Calories 1165 mg Sodium</p>	<p>CHICKEN &amp; NOODLES BRUSSELS SPROUTS MIXED FRUIT CUP VANILLA PUDDING WHOLE WHEAT BREAD</p> <p style="text-align: right;">19 Gm Fat 679 Calories 730 mg Sodium</p>
<p>CHILI with BEANS CAPRI VEGETABLES PEACH CUP SUGAR COOKIES LOW SODIUM CRACKERS</p> <p style="text-align: right;">25 Gm Fat 774 Calories 897 mg Sodium</p>	<p>HAMBURGER on BUN GREEN BEANS PASTA SALAD JELLIED STRAWBERRY PEAR SALAD</p> <p style="text-align: right;">21 Gm Fat 647 Calories 616 mg Sodium</p>	<ul style="list-style-type: none"> <li>● TURKEY with GRAVY</li> <li>MASHED POTATOES</li> <li>PEA &amp; LETTUCE SALAD w/DRSG</li> <li>BLUEBERRY CRISP</li> <li>DINNER ROLL</li> </ul> <p style="text-align: right;">20 Gm Fat 743 Calories 1043 mg Sodium</p>	<p>SPAGHETTI w/MEATSAUCE MEDITERRANEAN VEGETABLES FRESH ORANGE BREADSTICKS</p> <p style="text-align: right;">17 Gm Fat 662 Calories 777 mg Sodium</p>	<p>OVEN ROASTED CHICKEN CALICO BAKED BEANS ROMAINE SALAD w/DRSG PINEAPPLE &amp; STRAWBERRIES WHOLE WHEAT BREAD</p> <p style="text-align: right;">22 Gm Fat 697 Calories 633 mg Sodium</p>
<p>LIVER &amp; ONIONS w/GRAVY MASHED POTATOES PICKLED BEETS APRICOT MIX WHOLE WHEAT BREAD</p> <p style="text-align: right;">13 Gm Fat 656 Calories 862 mg Sodium</p>	<p>TACO SALAD GREEN PEAS MANDARIN ORANGES</p> <p style="text-align: right;">27 Gm Fat 669 Calories 820 mg Sodium</p>	<p>ITALIAN CHICKEN CASSEROLE DICED CARROTS STRAWBERRY PEACHES OATMEAL COOKIES WHOLE WHEAT BREAD</p> <p style="text-align: right;">23 Gm Fat 692 Calories 891 mg Sodium</p>	<ul style="list-style-type: none"> <li>● HAMLOAF w/CREAM GRAVY</li> <li>CREAMY SCALLOPED POTATOES</li> <li>TOSSED SALAD w/DRSG</li> <li>ROSY APPLESAUCE</li> <li>POTATO ROLL</li> </ul> <p style="text-align: right;">25 Gm Fat 810 Calories 1075 mg Sodium</p>	<p>SLOPPY JOE on BUN BROCCOLI MACARONI SALAD FRESH BANANA GELATIN CAKE w/TOPPING</p> <p style="text-align: right;">33 Gm Fat 986 Calories 956 mg Sodium</p>

HAPPY HALLOWEEN!!!