



2% milk served at meals

SMSSI October 2026

			THURSDAY 1, 2026 Frito Pie Pinto Beans Capri Vegetables Strawberries and Banana	FRIDAY 2, 2026 Fish Sandwich Coleslaw Carrots Tropical Fruit Salad
MONDAY 5, 2026 Spinach & Mushroom Quiche (no crust) Garbanzo Beans Asparagus Mixed Berries Vanilla Yogurt w/Granola	TUESDAY 6, 2026 Sloppy Joes Potato Wedges Sliced Tomato Broccoli Banana	WEDNESDAY 7, 2026 Shredded Chicken & Bean Burrito Calabacitas Spinach Orange	THURSDAY 8, 2026 Chef Salad w/ Turkey, Ham and Egg Wheat Roll Fruit Salad	FRIDAY 9, 2026 Chicken Adovada Pinto Beans Chateau Blend Vegetables Mango Chunks
MONDAY 12, 2024 CENTERS CLOSED FOR HOLIDAY	TUESDAY 13, 2026 Macaroni in Tomato Sauce Italian Vegetables Strawberries w/ Greek Nonfat Vanilla Yogurt Low fat Granola	WEDNESDAY 14, 2026 Salisbury Steak w/ Gravy Mashed Potato Brussel Sprouts Tossed Salad w/Ranch Dressing Wheat Bread Mixed fresh Fruit	THURSDAY 15, 2026 Chicken Fajita w/Wheat Tortilla Spanish Rice Spinach Pinto Beans Diced Mango	FRIDAY 16, 2026 Tuna Salad Creamy Cucumber Salad Vegetable Soup Pineapple Chunks Rice Pudding
MONDAY 19, 2026 Bratwurst w/ Wheat Bun Steamed Cabbage Onions & Peppers Sun Chips Ranch Beans Spiced Pears	TUESDAY 20, 2026 Beef & Papas Vegetable Medley Flour Tortilla Gelatin	WEDNESDAY 21, 2026 Sweet and Sour Pork Steamed Brown Rice Oriental Veggies Pineapple	THURSDAY 22, 2026 Tamale W/Red Chile Pinto Beans Zucchini w/Diced Tomatoes Apricots Graham Crackers	FRIDAY 23, 2026 Sausage & Mushroom Ragu Penne Pasta Tossed Salad w/ Dressing Garlic Roll Warm Apple Slices
MONDAY 26, 2026 Chicken Soft Tacos Pinto Beans Capri Vegetables Mixed Fruit	TUESDAY 27, 2026 Red Chile Pork Posole Zucchini & Diced Tomatoes Flour Tortilla Tropical light Yogurt	WEDNESDAY 28, 2026 Ham & Cheese Sandwich Tomato Soup Plain Baked Potato & Sour Cream Kiwi ROADRUNNER DAY	THURSDAY 29, 2026 Beef Stroganoff Carrots & Green Beans Peaches	FRIDAY 30, 2026 Herbed Baked Chicken Breast Parlsey Potatoes Roasted Brussel Sprouts Wheat Roll Peanut Butter Cookie Banana