




Mizell Center October 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Ravioli w/Marinara Sauce Cauliflower Mix, Garlic Bread, Juice, Yogurt, Milk	4 Steak Sandwich w/Lettuce and Tomato Mediterranean Salad Chips, Apple, Milk	5 Roasted Chicken Breast on Farfalle Pasta Broccoli Au Gratin Bread, Mixed Fruit, Milk	6 Baked Ziti w/Sausage San Francisco Blend Garlic Bread Diced Peaches, Milk	7 Chicken Pot Pie Garden Salad Broccoli Mandarin Oranges, Milk
10 Spaghetti w/Meat Sauce & Mushrooms Italian Vegetables Garlic Bread Juice, Yogurt, Milk	11 Green Salad w/Diced Ham (Tomatoes, Cucumber, Carrots, Shredded Cheese) Croutons, Diced Peaches, Milk	12 Chicken Enchiladas w/Red Sauce Aztec Rice Broccoli Orange, Milk	13 Meat Loaf Mashed Potato w/LS Gravy Chuck Wagon Corn Wheat Roll Tropical Fruit, Milk	14 Chicken Alfredo Fettuccini Pasta Capri Vegetables Garlic Bread Mandarin Oranges, Milk
17 Baked Herb Chicken Sweet Potato Medley Lima Beans Wheat Roll Juice, Yogurt, Milk	18 Chef Salad (Ham, Diced Chicken, Cheese, HB Egg, & Cherry Tomato) Low Sodium Dressing Wheat Crackers Banana, Milk	19 Salisbury Steak w/ LS Gravy Mashed Potatoes 4 Way Vegetable Mix Wheat Roll Apple, Milk	20 Oven Fried Chicken w/Country Gravy Potatoes O'Brien, Diced Carrots, Wheat Roll, Orange, Milk	21 Baked Cod San Francisco Blend Quinoa Rice Wheat Roll Diced Pineapple, Milk
24 Hamburger (Beef) w/Sliced Tomato & Leaf Lettuce Coleslaw Tater Tots Juice, Yogurt, Milk	25 Egg Salad Sandwich Lettuce & Tomato Garbanzo Salad Apple, Milk	26 Teriyaki Chicken Asian Vegetables Jasmine Rice Hawaiian Roll Diced Pineapple, Milk	27 Pork Crumble Mac & Cheese Edamame Garlic Bread Orange, Milk	28 Salmon CA Vegetable Blend Rice Pilaf Wheat Roll Diced Pears, Milk
31 Shepherd's Pie Caribbean Blend Vegetable Wheat Roll Juice, Yogurt, Milk	  <p>NOTE FROM NUTRITION DEPARTMENT: *** Menu subject to change*** Especially during these challenging times Product may not be always available.</p> 			

 = High Sodium Day