

OCTOBER | 2023



PRC Dinner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Chef's choice	2 Sweet potato risotto with pork Assorted veggies Fruit Juice/Milk	3 Caprese chicken with pesto quinoa Assorted veggies Juice/Milk	4 Pumpkin chili Dinner roll Assorted veggies Juice/Milk	5 Homemade hamburger helper Assorted veggies Milk/Juice	6 Tuna casserole Assorted veggies Juice/Milk	7 Baked chicken chimichangas Brown rice Assorted veggies Juice/Milk
8 Taco lasagna Assorted veggies Juice/Milk	9 Honey mustard chicken Roasted potatoes Assorted veggies Fruit Juice/Milk	10 Orange chicken Fried rice Assorted veggies Juice/Milk	11 Mini meatloaf Potatoes Assorted veggies Juice/Milk	12 Steak fajitas Cilantro lime rice Assorted veggies Juice/Milk	13 French onion chicken Dinner roll Assorted veggies Juice/Milk	14 Whole roasted chicken Creamy rice Assorted veggies Juice/Milk
15 Pork burrito bowl Assorted veggies Juice/Milk	16 Sweet potato risotto with pork Assorted veggies Fruit Juice/Milk	17 Caprese chicken with pesto quinoa Assorted veggies Juice/Milk	18 Pumpkin chili Dinner roll Assorted veggies Juice/Milk	19 Homemade hamburger helper Assorted veggies Milk/Juice	20 Tuna casserole Assorted veggies Juice/Milk	21 Baked chicken chimichangas Brown rice Assorted veggies Juice/Milk
22 Taco lasagna Assorted veggies Juice/Milk	23 Honey mustard chicken Roasted potatoes Assorted veggies Fruit Juice/Milk	24 Orange chicken Fried rice Assorted veggies Juice/Milk	25 Mini meatloaf Potatoes Assorted veggies Juice/Milk	26 Steak fajitas Cilantro lime rice Assorted veggies Juice/Milk	27 French onion chicken Dinner roll Assorted veggies Juice/Milk	28 Whole roasted chicken Creamy rice Assorted veggies Juice/Milk
29 Pork burrito bowl Assorted veggies Juice/Milk	30 Sweet potato risotto with pork Assorted veggies Fruit Juice/Milk	31 Caprese chicken with pesto quinoa Assorted veggies Juice/Milk	1	2	3	4