

WOCOA Menu for Oct 2019

	10/1/19	10/2/19	10/3/19	10/4/19
	BBQ Shredded Pork	Sloppy Joes	Sweet & Sour Chicken w/Sauce	Pot Roast w/Gravy
	Lima Beans	Macaroni & Cheese	Fried Rice	Whole Potatoes
	Carrots	Spinach Salad w/Dressing	Japanese Mixed Vegetables	Corn
	WW Roll	Fruit Cobbler	WW Roll w Margarine	WW Roll
	Yogurt	Milk	Fortune Cookie	Brownie
	Milk		Milk	Milk
10/07/19	10/08/19	10/09/19	10/10/19	10/11/19
Sausage with Peppers and Onions	Chili with Beans	Salisbury Steak with Gravy	Lasagna	Chicken Pot Pie
Baked Beans	Corn	Mashed Potatoes	Italian Green Beans	Peas
Cole Slaw	Broccoli	Honeyed Carrots	Spinach Salad w/ Dressing	Corn
Fruit Cobbler	WG Crackers	WW Roll	Fruit Cobbler	Yogurt
WW Bun	Yogurt	Fruit Cobbler	Milk	Milk
Milk	Milk	Milk		
Mustard				
10/14/19	10/15/19	10/16/19	10/17/19	10/18/19
Meat Loaf with Tomato Gravy	Baked Chicken with Gravy	Spaghetti w Meat Balls	Pot Roast w Gravy	Hotdog
Scalloped Potatoes	Steamed Rice	Corn	Mashed Potatoes	Baked Beans
Field Peas	Greens	Spinach Salad w/ Dressing	Mixed Vegetables	Cole Slaw
WW Roll w Margarine	Cornbread	Hot Spiced Apples	WW Roll	WW Bun
Oatmeal Cookie	Yogurt	Milk	Peaches	Cherry Cobbler
Milk	Milk		Milk	Milk
				Relish/Mustard/Ketchup
10/21/19	10/22/19	10/23/19	10/24/19	10/25/19
BBQ Pork Chop	Beef Stew	Ham and Beans	Hamburgers	Surprise
Northern Beans	Hot Beets	Greens	Baked Beans	
Mixed Veggies	Salad w/ Dressing	Mashed Sweet Potatoes	Lettuce, Tomato & Onion	Menu
Cookies	Fruit Cobbler	Cornbread w Margarine	Fruit Cobbler	
WW Roll	WW Roll	Pudding	WW Bun	
Milk	Milk	Milk	Mayo/Mustard/Ketchup	
			Milk	
10/28/19	10/29/19	10/30/19	10/31/19	
Meatballs and Gravy	BBQ Shredded Pork	Sloppy Joes	Sweet & Sour Chicken w/Sauce	
Green Beans	Lima Beans	Macaroni & Cheese	Fried Rice	
Mashed Potatoes	Carrots	Spinach Salad w/Dressing	Japanese Mixed Vegetables	
Toss Salad w/Dressing	WW Roll	Fruit Cobbler	WW Roll w Margarine	
Fruit Cocktail	Yogurt	Milk	Fortune Cookie	
Milk	Milk		Milk	

