


**MERCER COUNTY NUTRITION LUNCHES  
OCTOBER 2009**

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| <br><b>BRIAN M. HUGHES</b><br><b>COUNTY</b><br><b>EXECUTIVE</b> | DAILY MEAL<br>INCLUDES: MILK,<br>MARGARINE AND<br>HOT BEVERAGE<br><br>MENU IS SUBJECT TO<br>CHANGE WITHOUT<br>NOTICE  |   | <b>1</b><br><br>POTATO CRUSTED FISH<br><br>GRAPE JUICE<br><br>MACARONI & CHEESE<br><br>STEWED TOMATOES<br><br>HAMBURGER BUN<br><br>VANILLA PUDDING    | <b>2</b><br><br>MARINATED PORK W/<br>GRAVY<br><br>CHICKEN RICE SOUP<br><br>SWEET POTATO PIECES<br><br>SPINACH<br><br>PUMPERNICKEL BREAD<br><br>ICE CREAM                            |
| <b>5</b><br><br>SALISBURY STEAK<br><br>TOMATO SOUP<br><br>STEAK FRY POTATOES<br><br>BROCCOLI<br><br>RYE BREAD<br><br>FRESH FRUIT                 | <b>6</b><br><br>ROASTED CHICKEN<br>LEG<br><br>GRAPE JUICE<br><br>WILD RICE<br><br>CAESAR SALAD<br><br>ITALIAN BREAD<br><br>DICED PEARS  | <b>7</b><br><br>BEEF & BROCCOLI<br><br>APPLE JUICE<br><br>LO MEIN NOODLES<br><br>ORIENTAL<br>VEGETABLES<br><br>WHITE BREAD<br><br>ICE CREAM             | <b>8</b><br><br>SWEET AND SOUR<br>MEATBALLS<br><br>CRANBERRY JUICE<br><br>EGG NOODLES<br><br>MIXED VEGETABLES<br><br>PUMPERNICKEL BREAD<br><br>COOKIE | <b>9</b><br><br>STUFFED CABBAGE<br><br>TURKEY VEGETABLE<br>SOUP<br><br>MASHED POTATOES<br><br>GREEN BEANS<br><br>WHEAT BREAD<br><br>TAPIOCA PUDDING                                 |
| <b>12</b><br><br><b>COLUMBUS DAY</b><br><br><b>HOLIDAY</b><br><br><b>SITES CLOSED</b>  | <b>13 ADVISORY COUNCIL</b><br><b>SITE #13 SAM NAPLES</b><br><br>ITALIAN MEATBALLS<br><br>GRAPE JUICE<br><br>SPAGHETTI<br><br>TOSSED SALAD<br><br>ITALIAN BREAD<br><br>LEMON ICE | <b>14</b><br><br>CHICKEN MARSALA<br><br>VEGETARIAN<br>VEGETABLE SOUP<br><br>WHITE RICE<br><br>SPINACH<br><br>RYE BREAD<br><br>FRUIT COCKTAIL            | <b>15</b><br><br>ROAST TURKEY W/<br>GRAVY<br><br>CHICKEN RICE SOUP<br><br>MASHED POTATOES<br><br>CARROTS<br><br>WHITE BREAD<br><br>PINEAPPLE BITS     | <b>16 OKTOBERFEST</b><br><br>KIELBASA<br><br>APPLE JUICE<br><br>POTATO PANCAKES<br>WITH APPLESAUCE<br><br>RED CABBAGE<br><br>PUMPERNICKEL BREAD<br><br>FRESH FRUIT<br><br>ROOT BEER |
| <b>19</b><br><br>TURKEY ON WHOLE<br>GRAIN ROLL<br><br>CORN CHOWDER SOUP<br><br>POTATO SALAD<br><br>CARROT & PINEAPPLE<br>SALAD<br><br>COOKIE     | <b>20</b><br><br>TONY'S PIZZA<br><br>GRAPE JUICE<br><br>TOSSED SALAD WITH<br>DRESSING<br><br>3-BEAN SALAD<br><br>ICE CREAM  | <b>21</b><br><br>SOUTH OF THE BORDER<br>FISH<br><br>POTATO SOUP<br><br>CORN WITH RED<br>PEPPERS<br><br>GREEN BEANS<br><br>RYE BREAD<br><br>PEACH SLICES | <b>22</b><br><br>BEEF BURGER WITH<br>KETCHUP<br><br>ORANGE JUICE<br><br>TATER TOTS<br><br>HAMBURGER ROLL<br><br>FRUIT COCKTAIL                        | <b>23</b><br><br>CHICKEN PARMESAN<br><br>APPLE JUICE<br><br>PENNE PASTA W/<br>CACCIATORE SAUCE<br><br>CAESAR SALAD WITH<br>CROUTONS<br><br>DINNER ROLL<br><br>CHOCOLATE PUDDING     |
| <b>26</b><br><br>TURKEY TETRAZZINI<br><br>LENTIL SOUP<br><br>EGG NOODLES<br><br>SPINACH<br><br>PUMPERNICKEL BREAD<br><br>ICE CREAM               | <b>27</b><br><br>BROCCOLI AND<br>CHEESE STUFFED<br>CHICKEN BREAST<br><br>CRANBERRY JUICE<br><br>MASHED POTATOES<br><br>PEAS & CARROTS<br><br>WHOLE WHEAT<br><br>FRUITED GELATIN | <b>28</b><br><br>BEEF RIBQUE W/ BBQ<br>SAUCE<br><br>FRUIT PUNCH<br><br>TATER TOTS<br><br>COLE SLAW<br><br>CLUB ROLL<br><br>BUTTERSCOTCH<br>PUDDING      | <b>29</b><br><br>HAM AND PINEAPPLE<br>SAUCE<br><br>POTATO SOUP<br><br>WILD RICE<br><br>BROCCOLI<br><br>RYE BREAD<br><br>MANDARIN ORANGES              | <b>30 HALLOWEEN</b><br><br>BEEF STEW<br><br>APPLE CIDER<br><br>NOODLES<br><br>BEETS<br><br>BISCUIT<br><br>GINGERBREAD<br>W/TOPPING<br><br>DOUGHNUT<br><br>CANDY CORN                |