



Capital AAA

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	1 Chili with Beans Rice Peas & Carrots Saltine Crackers Coconut Cake Cranberry Juice Margarine	2 Turkey Salad Lettuce & Tomato Wheat Bread (2) Fresh Fruit Star Crunch	3 Sausage/Pinto Beans Brown Rice Cabbage Cornbread Fig Bar Fruit Blend Juice Margarine	4 Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Tropical Fruit Crisp Mustard/Ketchup Mayonnaise
	7 Chicken & Sausage Jambalaya Cabbage Green Beans Wheat Bread Fudge Round Margarine	8 Baked Meatballs Brown Gravy Whipped Potatoes Carrots Wheat Bread Fresh Fruit Margarine	9 Ham/Black-eyed Peas Brown Rice Mustard Greens Cornbread Fresh Fruit Apple Juice Margarine	10 Chicken Breast Italian Herb Sauce Scalloped Potatoes Venetian Vegetables Wheat Bread Fig Bar Margarine
14 Salisbury Patty Brown Gravy Whipped Potatoes Carrots Wheat Bread Star Crunch Margarine	15 Ham/White Beans Brown Rice Cabbage Cornbread Fresh Fruit Apple Juice Margarine	16 Chicken & Sausage Gumbo & Rice Okra & Tomatoes Potato Salad Saltine Crackers Birthday Cake with Sprinkles & Frosting Margarine	17 Hamburger Lettuce/Tomato/Onion Baked Beans Wheat Hamburger Bun Fruit Crisp Ketchup Mustard Mayonnaise	18 Chicken Breast Dijonnaise Sauce Garlic Potatoes California Vegetables Wheat Bread Carnival Cookie Margarine
21 Breakfast Sausage or Ham Cheese Grits Biscuit Spiced Apples Oatmeal Crème Cranberry Juice Jelly/Margarine	22 BBQ Riblet O'Brien Potatoes 4-way Mixed Vegetables Wheat Hamburger Bun Fresh Fruit	23 Red Beans/Sausage Brown Rice Mixed Greens Cornbread Fresh Fruit Fruit Blend Juice Margarine	24 Frito Pie 1/2 slice Cheese California Vegetables Green Beans with Red Peppers Corn Chips Chocolate Chip Cookie	25 Baked Bone-in Chicken Brown Gravy Sour Cream & Chive Potatoes Black-eyed Peas Wheat Bread Fresh Fruit Margarine
28 Teriyaki Meatballs Rice Japanese Vegetables Wheat Bread Craisins Apple Juice Margarine	29 Baked Ham Honey Glaze Lyonnaise Potatoes Glazed Carrots Dinner Roll Fruited Gelatin Margarine	30 Hamburger Lettuce/Tomato/Pickle Chuckwagon Corn Hamburger Bun Pineapple Cobbler Mustard Mayonnaise Ketchup	31 Ham & Lima Beans Brown Rice Mixed Greens Cornbread Fresh Fruit Fruit Blend Juice Margarine	Each Meal is Served with 1/2 Pint of 2% Milk