MONTH: October 2026 – Genesee Noon Meal **Menu Subject to Change Without Notice**

# October 2026		**NOTE**: 1% milk is served with all lunches. Menu is no salt added and low sugar	1) Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Pineapple Tidbits	2) Cheesy Beef Pasta Corn Tossed Sald w/ Dressing Whole Wheat Bread Fresh Orange
5) Roast Pork w/ Cranberry Chutney Butternut Squash Green Beans Wheat Dinner Roll Applesauce	6) Macaroni & Cheese Stewed Tomatoes Broccoli Fruit Cocktail	7) Beef Stew Mashed Potatoes Wheat Biscuit Peaches	8) Sliced Ham w/ Maple Glaze Sweet Potatoes Brussel Sprouts Wheat Dinner Roll Fresh Banana	9) Polynesian Chicken Stew Brown Rice Asian Vegetable Medley Zucchini Multigrain Bread Diced Pears
12) **No Meals Served**	13) Polish Sausage Sweet and Sour Cabbage Diced Potatoes Hot Dog Bun Applesauce	14) Lemon Butter Tilapia Vegetable Rice Pilaf Zucchini Peas & Carrots Multigrain Bread Mandarin Oranges	15) **CHOCOLATE MILK DAY** Shepherd's Pie Candied Carrots Wheat Dinner Roll Cranberry Apple Salad	16) Chicken Parmesan w/ Mozzarella Penne Pasta w/ Tomato Sauce Italian Blend Vegetables Seasoned Spinach Multigrain Bread Mango
19) Sliced Turkey w/ Gravy Sweet Potato Casserole Brussels Sprouts Wheat Dinner Roll Fruit Cocktail	20) Roast Beef w/ Gravy Mashed Potatoes Capri Blend Vegetables Wheat Dinner Roll Apricots	21) Ravioli w/ Tomato Sauce Spinach Wax Beans Multigrain Bread Pineapple Tidbits	22) Breaded Fish w/ Tartar Sauce Potatoes O'Brien Peas Wheat Hamburger Bun Fresh Pear	23) Hamburger w/ Gravy Au Gratin Potatoes Cauliflower Wheat Hamburger Bun Mandarin Oranges
26) Beef Stroganoff over Egg Noodles Broccoli Beets Multigrain Bread Tropical Fruit	27) Chicken Cacciatore Pasta Mixed Vegetables Multigrain Bread Fruit Salad	28) Turkey Ala King over Brown Rice Capri Blend Vegetable Green Peas Whole Wheat Bread Diced Pears	29) Spaghetti w/ Meatballs and Tomato Sauce Chopped Spinach Cauliflower Multigrain Bread Sliced Peaches	30) Spinach and Cheese Frittata O'Brien Potatoes California Blend Vegetables Wheat Dinner Roll Fresh Apple