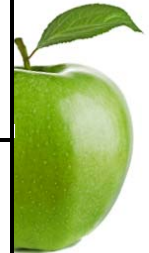


The H Generation



October 2009



<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
<b>5</b> Chicken Cacciatore Radiatore Pasta Focaccia Bread Honeydew Melon	<b>6</b> Teriyaki Beef Vegetable Fried Rice Pineapple Chunks Blondie (no nuts)	<b>7</b> BBQ Chicken Drumsticks Corn Pudding Baby Carrots Seedless Grapes	<b>8</b> Pasta with Bolognese Sauce Buttered Broccoli Fresh fruit Salad Chocolate Pound Cake	<b>9</b> Chicken & Cheese Pizza Rolls Tossed Salad with Thousand Island dressing Banana Oatmeal Raisin Cookie
<b>12</b> Columbus Day Holiday	<b>13</b> Hawaiian Chicken Rice Glazed Carrots Fresh Fruit Salad Chocolate Chip Cookie	<b>14</b> Roast Beef with Gravy Mashed Potatoes Grape Tomatoes with honey mustard dipping sauce Honeydew Melon	<b>15</b> Chicken Alfredo Penne Pasta Green Peas Orange Slices Chocolate Pudding	<b>16</b> BBQ Turkey Sandwich Tater Tots Carrot & Celery Sticks with creamy ranch dip Apple Ginger Snap Cookie
<b>19</b> Herb Roasted Chicken Breast Pumpkin Risotto Buttered Corn Fresh Fruit Salad	<b>20</b> Beef Kabobs Rice Pilaf Cucumber Rounds with dipping sauce Cantaloupe Melon Banana Bread	<b>21</b> Mexican Taco Salad with lettuce, tomatoes, cheese and salsa Cornbread Fresh Strawberries with Yogurt	<b>22</b> Macaroni & Cheese Baked Chicken Nuggets Broccoli Bites with Ranch Dip Orange Slices Oatmeal Raisin Cookies	<b>23</b> Beef Cheeseburger Sun Chips Carrot & Celery Sticks with Thousand Island Dipping Sauce Sliced Peaches Vanilla Pound Cake
<b>26</b> Baked Ziti with Tomato Sauce Focaccia Bread Tossed Salad with creamy ranch dressing Fresh Fruit Salad	<b>27</b> Roasted Pork with Applesauce Sweet Potato Mash Green Peas Honeydew Melon Lemon Pound Cake	<b>28</b> Beef Chili Baked Potatoes with butter and sour cream Carrot & Celery Sticks with Thousand Island dip Pineapple Chunks	<b>29</b> Chicken Parmesan Penne Pasta Green Peas Zucchini in Tomato Sauce Seedless Grapes Tea Cookie	<b>30</b> Minestrone Soup Roasted Turkey Sandwich Apple Pumpkin Raisin Bread