

LEGACY LINK

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Meatballs/Gravy Mixed Beans Mustard Greens Cornbread Fresh Fruit Chocolate Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken	Chicken Salad Pasta Salad Three Bean Salad Wheat Crackers Fresh Banana Milk Diet - Same
5	6	7	8	9
Garlic Rosemary Chicken Whipped Potatoes Italian Vegetables Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Graham Crackers ALT: Beef w/Mushroom Gravy	Vegetable Beef Soup Buttered Rice Green Beans Saltine Crackers Orange Gelatin Milk Margarine Diet - Gelatin	BBQ Rib Patty Country Corn Mustard Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same ALT: BBQ Chicken	Chicken and Dumplings Parslied Carrots Green Peas Whole Grain Roll Fresh Fruit Milk Margarine Diet - Same	Hamburger Patty Baked Pinto Beans Potato Wedges Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Chocolate Milk Mustard/Mayonnaise Catsup - 2 Diet - Same ALT: Veggie Burger
12	13	14	15	16
Meatloaf/Tomato Gravy Cheesy Whipped Potatoes Herbed Green Beans Dinner Roll Oatmeal Cookie Milk Margarine Diet - Vanilla Wafers ALT: Chicken with Gravy	Turkey Ham w/White Beans Glazed Carrots Turnip Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same	Lemon Pepper Chicken Macaroni and Cheese Okra and Tomatoes Whole Grain Roll Rosy Applesauce Milk Margarine Diet - Same ALT: Salisbury Steak	Beef Spaghetti Casserole Mixed Vegetables Tossed Salad Texas Bread Peach Cobbler Chocolate Milk Margarine Ranch Dressing Diet - Peaches	Chicken Salad Pasta Salad Three Bean Salad Wheat Crackers Fresh Banana Milk Diet - Same
19	20	21	22	23
Chicken Noodle Casserole Green Peas Dilled Carrots Whole Grain Roll Fudge Round Milk Margarine Diet - Vanilla Wafers	Teriyaki Meatballs Confetti Rice Japanese Vegetables Wheat Bread Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit ALT: Sweet & Sour Chicken	Oven Fried Chicken Whipped Potatoes Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch Dressing Diet - Same ALT: Beef w/Pepper Gravy	Sausage with Onions & Peppers Baked Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Catsup Diet - Same ALT: Sloppy Joe Meatballs	Beef Chili Baked Potato Broccoli/Cheese Cornbread Fresh Fruit Milk Margarine - 2 Sour Cream Diet - Same
26	27	28	29	30 - Halloween
Beef Rice Casserole Country Corn Spring Vegetables Whole Grain Roll Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	Fajita Chicken Yellow Rice Black Beans Lettuce/Tomato/Cheese Flour Tortilla Fresh Fruit Milk Taco Sauce/Sour Cream Diet - Same ALT: Beef Taco Meat	Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Sugar Cookie Milk Margarine Vinegar Diet - Vanilla Wafers	Beef w/Mushroom Gravy Twice Whipped Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Chocolate Milk Margarine Diet - Same ALT: Chicken w/Creole Sauce	Sausage Patty - 2 Cheese Grits Hot Spiced Apples Grape Juice Biscuit Milk Margarine Jelly Diet - Same

LEGACY LINK

NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Garlic Rosemary Chicken Whipped Potatoes Italian Vegetables Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Graham Crackers</p> <p>ALT: Beef w/Mushroom Gravy</p>	<p>3</p> <p>Vegetable Beef Soup Buttered Rice Green Beans Saltine Crackers Orange Gelatin Milk Margarine Diet - Gelatin</p>	<p>4</p> <p>BBQ Rib Patty Country Corn Mustard Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same</p> <p>ALT: BBQ Chicken</p>	<p>5</p> <p>Chicken and Dumplings Parslied Carrots Green Peas Whole Grain Roll Fresh Fruit Milk Margarine Diet - Same</p>	<p>6</p> <p>Hamburger Patty Baked Pinto Beans Potato Wedges Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Chocolate Milk Mustard/Mayonnaise Catsup - 2 Diet - Same</p> <p>ALT: Veggie Burger</p>
<p>9</p> <p>Meatloaf/Tomato Gravy Cheesy Whipped Potatoes Herbed Green Beans Dinner Roll Oatmeal Cookie Milk Margarine Diet - Vanilla Wafers</p> <p>ALT: Chicken with Gravy</p>	<p>10</p> <p>Turkey Ham w/White Beans Glazed Carrots Turnip Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same</p>	<p>11</p> <p>Lemon Pepper Chicken Macaroni and Cheese Okra and Tomatoes Whole Grain Roll Rosy Applesauce Milk Margarine Diet - Same</p> <p>ALT: Salisbury Steak</p>	<p>12</p> <p>Beef Spaghetti Casserole Mixed Vegetables Tossed Salad Texas Bread Peach Cobbler Chocolate Milk Margarine Ranch Dressing Diet - Peaches</p>	<p>13</p> <p>Chicken Salad Pasta Salad Three Bean Salad Wheat Crackers Fresh Banana Milk Diet - Same</p>
<p>16</p> <p>Chicken Noodle Casserole Green Peas Dilled Carrots Whole Grain Roll Fudge Round Milk Margarine Diet - Vanilla Wafers</p>	<p>17</p> <p>Teriyaki Meatballs Confetti Rice Japanese Vegetables Wheat Bread Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit</p> <p>ALT: Sweet & Sour Chicken</p>	<p>18</p> <p>Oven Fried Chicken Whipped Potatoes Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch Dressing Diet - Same</p> <p>ALT: Beef w/Pepper Gravy</p>	<p>19</p> <p>Sausage with Onions & Peppers Baked Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Catsup Diet - Same</p> <p>ALT: Sloppy Joe Meatballs</p>	<p>20</p> <p>Beef Chili Baked Potato Broccoli/Cheese Cornbread Fresh Fruit Milk Margarine - 2 Sour Cream Diet - Same</p>
<p>23</p> <p>Beef Rice Casserole Country Corn Spring Vegetables Whole Grain Roll Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers</p>	<p>24</p> <p>Fajita Chicken Yellow Rice Black Beans Lettuce/Tomato/Cheese Flour Tortilla Fresh Fruit Milk Taco Sauce/Sour Cream Diet - Same</p> <p>ALT: Beef Taco Meat</p>	<p>25 - Thanksgiving</p> <p>Turkey Breast with Gravy Cornbread Dressing Green Beans Amandine Dinner Roll Carrot Spice Cake Milk Margarine Cranberry Sauce Diet - Pound Cake</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>
<p>30</p> <p>Garlic Rosemary Chicken Whipped Potatoes Italian Vegetables Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Graham Crackers</p> <p>ALT: Beef w/Mushroom Gravy</p>			 <p>TRIO Community Meals an elior company</p>	

LEGACY LINK

DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Vegetable Beef Soup Buttered Rice Green Beans Saltine Crackers Orange Gelatin Milk Margarine Diet - Gelatin	BBQ Rib Patty Country Corn Mustard Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same ALT: BBQ Chicken	Chicken and Dumplings Parslied Carrots Green Peas Whole Grain Roll Fresh Fruit Milk Margarine Diet - Same	Hamburger Patty Baked Pinto Beans Potato Wedges Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Chocolate Milk Mustard/Mayonnaise Catsup - 2 Diet - Same ALT: Veggie Burger
7	8	9	10	11
Meatloaf/Tomato Gravy Cheesy Whipped Potatoes Herbed Green Beans Dinner Roll Oatmeal Cookie Milk Margarine Diet - Vanilla Wafers ALT: Chicken with Gravy	Turkey Ham w/White Beans Glazed Carrots Turnip Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same	Lemon Pepper Chicken Macaroni and Cheese Okra and Tomatoes Whole Grain Roll Rosy Applesauce Milk Margarine Diet - Same ALT: Salisbury Steak	Beef Spaghetti Casserole Mixed Vegetables Tossed Salad Texas Bread Peach Cobbler Chocolate Milk Margarine Ranch Dressing Diet - Peaches	Chicken Salad Pasta Salad Three Bean Salad Wheat Crackers Fresh Banana Milk Diet - Same
14	15	16	17	18
Chicken Noodle Casserole Green Peas Dilled Carrots Whole Grain Roll Fudge Round Milk Margarine Diet - Vanilla Wafers	Teriyaki Meatballs Confetti Rice Japanese Vegetables Wheat Bread Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit ALT: Sweet & Sour Chicken	Oven Fried Chicken Whipped Potatoes Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch Dressing Diet - Same ALT: Beef w/Pepper Gravy	Sausage with Onions & Peppers Baked Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Catsup Diet - Same ALT: Sloppy Joe Meatballs	Beef Chili Baked Potato Broccoli/Cheese Cornbread Fresh Fruit Milk Margarine - 2 Sour Cream Diet - Same
21	22	23 - Christmas	24	25
Beef Rice Casserole Country Corn Spring Vegetables Whole Grain Roll Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	Fajita Chicken Yellow Rice Black Beans Lettuce/Tomato/Cheese Flour Tortilla Fresh Fruit Milk Taco Sauce/Sour Cream Diet - Same ALT: Beef Taco Meat	Glazed Ham Whipped Sweet Potatoes Green Beans Dinner Roll Frosted Yellow Cake Milk Margarine Diet - Pound Cake	Beef w/Mushroom Gravy Twice Whipped Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Chocolate Milk Margarine Diet - Same ALT: Chicken w/Creole Sauce	CLOSED
28	29	30 - New Year's	31	
Garlic Rosemary Chicken Whipped Potatoes Italian Vegetables Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Graham Crackers Diet - Same ALT: Beef w/Mushroom Gravy	Vegetable Beef Soup Buttered Rice Green Beans Saltine Crackers Orange Gelatin Milk Margarine Diet - Gelatin Diet - Pound Cake	Glazed Ham Black-eyed Peas Collard Greens Cornbread Fluffy Fruit Salad Milk Margarine Vinegar Diet - Mixed Fruit	Chicken and Dumplings Parslied Carrots Green Peas Whole Grain Roll Fresh Fruit Milk Margarine Diet - Same	 <p>TRIO Community Meals an elior company</p>