



Milwaukie Center OCTOBER 2017 MENU



NORTH CLACKAMAS
PARKS & RECREATION DISTRICT
MILWAUKIE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Strips Tater Tots Capri Vegetables Mixed Vegetables Juice Cup	3 Spaghetti Baby carrots Garlic Bread Green Salad Peaches	4 Chicken Taco Spanish Rice Beans Mexi Corn Salad Tomatoes & Mangoes	5 Cheese Blintz w/Berries Hash Browns Turkey Sausage Mandarin Oranges Granola	6 Tuna Salad Sandwich Lettuce & Tomato Pineapple Crackers Hummus
9 Salmon Filet Couscous Beets Roll Yogurt Cup	10 Baked Potato w/Cheese Vegetarian Chili Broccoli Spinach Salad Vanilla Wafers	11 Ginger Chicken Crunchy Noodles Scandinavian Veggies Egg Roll Fortune Cookies	12 Hamburger on a Bun Sweet Potato Tots Edamame Veggies Lettuce & tomato Cake	13 Stuffed Pepper Peas Roll Pudding
16 Salisbury Steak w/ Gravy Mashed Potatoes Corn Roll Cookie	17 Baked Chicken Thigh Rice Squash Brussels Sprouts Carrot Salad Fruit Cocktail	18 Baked Ziti Broccoli Garlic Bread Veggie Antipasto Pears	19 Cabbage Roll Baby Carrots Roll Broccoli Salad	20 Cod Filet Quinoa Peas and Cauliflower Roll Banana
23 Cheese Stuffed Shells Green Beans Garlic Bread Apple	24 Mexican Chicken Casserole Tomatoes & Mangoes Pinto Beans Cornbread Jell-O	25 Vegetable Pizza Oregon Bean Blend Roasted Cauliflower White Bean Dip Bagel Chips	26 Sloppy Joes Sweet Potatoes Collard Greens Peaches	27 Chicken Cordon Bleu Rice Peas & Carrots Roll Spinach & Cabbage Salad Raspberries & Granola
30 Tortellini w/Tomato Sauce Peas Swiss Chard & Kale Pear	31 Ghoul's Lash Braided Brains Finger Tips Slimy Flesh Guts	 		

Milwaukie Center Nutrition Program: 503-654-3030
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