

# Resource Center Health

October 2026



| Monday                                                                                                                    | Tuesday                                                                                                             | Wednesday                                                                                                                    | Thursday                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                           |                                                                                                                     |                                                                                                                              | 10/1/2026                                                                                                                                        |
| <p> - Contains Peanuts</p> <p>~ - Entrée Contains Soy</p> <p>* - Contains Pork</p>                                        |                                                                                                                     |                                                                                                                              | Lemon Scarpariello Chicken<br>Confetti Rice<br>Brussels Sprouts<br>Texas Bread<br>Orange Gelatin with Pineapple<br>Milk                          |
| 10/5/2026                                                                                                                 | 10/6/2026                                                                                                           | 10/7/2026                                                                                                                    | 10/8/2026                                                                                                                                        |
| Chicken Enchilada Soup<br>Spanish Rice<br>Mexican Style Tomatoes<br>Tortilla Chips<br>Fig Bar<br>Milk                     | Italian Beef Macaroni<br>Broccoli<br>Tuscany Vegetable Salad<br>Texas Bread<br>Fresh Apple<br>Milk                  | Polish Sausage*<br>Chili Beans<br>Garlic Spinach<br>Hot Dog Bun<br>Pineapple Tidbits<br>Milk                                 | Sloppy Joe<br>Roasted Diced Potatoes<br>Mixed Vegetables<br>Hamburger Bun<br>Orange Gelatin w/Mixed Fruit<br>Milk                                |
| 10/12/2026                                                                                                                | 10/13/2026                                                                                                          | 10/14/2026                                                                                                                   | 10/15/2026                                                                                                                                       |
| Szechuan Beef Meatballs~#<br>Rice<br>Japanese Vegetables<br>Multigrain Bread<br>Diced Peaches<br>Milk                     | Cajun Chicken<br>Whole Kernel Corn<br>Broccoli and Carrots<br>Texas Bread<br>Fresh Orange<br>Milk                   | Swiss Steak~<br>Whipped Potatoes<br>Italian Green Beans<br>Dinner Roll<br>Frosted Birthday Cake<br>Vanilla Ice Cream<br>Milk | Glazed Ham*<br>Macaroni and Cheese<br>Okra and Tomatoes<br>Wheat Bread<br>Lime Gelatin w/Pineapple<br>Milk                                       |
| 10/19/2026                                                                                                                | 10/20/2026                                                                                                          | 10/21/2026                                                                                                                   | 10/22/2026                                                                                                                                       |
| Pesto Chicken<br>Parsley Penne Pasta<br>Country Tomatoes<br>Wheat Bread<br>Fresh Apple<br>Milk                            | Pork Carnitas*<br>Pinto Beans<br>Cilantro Lime Corn<br>Flour Tortilla<br>Lorna Doone Cookies#<br>Milk<br>Taco Sauce | Lemon Caper Chicken<br>Twice Whipped Potatoes<br>Broccoli and Carrots<br>Dinner Roll<br>Mixed Fruit<br>Milk                  | Beef Chili with Beans<br>Rice<br>Tossed Salad<br>Corn Muffin<br>Strawberry Gelatin w/Pears<br>Milk<br>Balsamic Vinaigrette Dressing<br>Margarine |
| 10/26/2026                                                                                                                | 10/27/2026                                                                                                          | 10/28/2026                                                                                                                   | 10/29/2026                                                                                                                                       |
| BBQ Pork Rib Patty*<br>Ranch Whipped Potatoes<br>Broccoli and Cauliflower<br>Wheat Bread<br>Chocolate Chip Cookie<br>Milk | Spanish Beef Patty~<br>Mexican Rice<br>Brussels Sprouts/Corn/Carrots<br>Texas Bread<br>Diced Pears<br>Milk          | Bruschetta Chicken Meatballs~<br>Pesto Penne Pasta<br>Spinach<br>Texas Bread<br>Fresh Orange<br>Milk                         | All Beef Patty<br>Lettuce and Tomato<br>Ranch Beans<br>Hamburger Bun<br>Pineapple Cobbler<br>Milk<br>Mustard and Ketchup                         |

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 Expires 11/30/2027