

October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 TRIO Community Meals <i>Nourishment through compassionate care.</i>	Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.	1 Baked Chicken w/Gravy Cabbage Glazed Carrots Dinner Roll Mississippi Mud Pudding Milk Margarine	2 Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Texas Bread Applesauce Milk	3 BBQ Riblet Baked Sweet Potato Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine
		8 Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Chocolate Chip Cookie Milk Margarine	9 Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Mandarin Oranges Milk Margarine	10 Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Salad Dressing
		15 Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	16 Pork Roast Onion Gravy Cheesy Whipped Potatoes Whole Kernel Corn Dinner Roll Vanilla Wafers Milk Margarine	17 Chicken & Sausage Jambalaya Mixed Beans Spring Vegetables Wheat Bread Sugar Cookie Milk Margarine
		22 Meatballs w/Gravy Whipped Potatoes Green Peas Wheat Bread Mississippi Mud Pudding Milk Margarine	23 Chicken Cacciatore Penne Noodles Northern Beans 100% Fruit Juice Wheat Bread Peanut Butter Cookie Milk Margarine	24 ~Birthday Meal~ BBQ Riblet Sweet Potatoes Green Beans w/Peppers Dinner Roll Birthday Cake Milk Margarine
		29 Glazed Ham Black-eyed Peas Cabbage Cornbread Banana Pudding Milk Margarine	30 Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Hot Pears Milk	31 ~Halloween Meal~ Beef Frank Tater Tots Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Mustard
6 Smoked Sausage Red Kidney Beans Steamed Rice Cauliflower Wheat Bread Graham Crackers Milk Margarine	7 Beef Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk			
13 Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	14 Chicken Tenders Summer Vegetables Green Peas w/Peppers Wheat Bread Marble Pudding Milk Margarine Ketchup			
20 Smoked Sausage Red Kidney Beans Steamed Rice Garden Vegetables Wheat Bread Seasonal Fruit Milk Margarine	21 Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine			
27 Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	28 Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce			

Kim Dommert RD, LD

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COAST

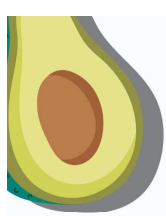
November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Smoked Sausage Red Kidney Beans Steamed Rice Cauliflower Wheat Bread Graham Crackers Milk Margarine	Beef Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Chocolate Chip Cookie Milk Margarine	Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Mandarin Oranges Milk Margarine	Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Salad Dressing
10	11	12	13	14
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken Tenders Summer Vegetables Green Peas w/Peppers Wheat Bread Marble Pudding Milk Margarine Ketchup	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Cheesy Whipped Potatoes Whole Kernel Corn Dinner Roll Vanilla Wafers Milk Margarine	Chicken & Sausage Jambalaya Mixed Beans Spring Vegetables Wheat Bread Sugar Cookie Milk Margarine
17	18	19	20	21
Smoked Sausage Red Kidney Beans Steamed Rice Garden Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	Meatballs w/Gravy Whipped Potatoes Green Peas Wheat Bread Mississippi Mud Pudding Milk Margarine	Chicken Cacciatore Penne Noodles Northern Beans 100% Fruit Juice Wheat Bread Peanut Butter Cookie Milk Margarine	~Birthday Meal~ BBQ Riblet Sweet Potatoes Green Beans w/Peppers Dinner Roll Birthday Cake Milk Margarine
24	25	26	27	28
Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce	~Thanksgiving Meal~ Herbed Turkey Breast w/Gravy Cornbread Dressing Green Beans Cranberry Juice Dinner Roll Oatmeal Raisin Cookie Milk Margarine	Closed for Holiday	Closed for Holiday
			Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.	 TRIO Community Meals Nourishment through compassionate care.

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COAST

December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Smoked Sausage Red Kidney Beans Steamed Rice Cauliflower Wheat Bread Graham Crackers Milk Margarine	Beef Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Chocolate Chip Cookie Milk Margarine	Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Mandarin Oranges Milk Margarine	Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Salad Dressing
8	9	10	11	12
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken Tenders Summer Vegetables Green Peas w/Peppers Wheat Bread Marble Pudding Milk Margarine Ketchup	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Cheesy Whipped Potatoes Whole Kernel Corn Dinner Roll Vanilla Wafers Milk Margarine	Chicken & Sausage Jambalaya Mixed Beans Spring Vegetables Wheat Bread Sugar Cookie Milk Margarine
15	16	17	18	19
Smoked Sausage Red Kidney Beans Steamed Rice Garden Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	Meatballs w/Gravy Whipped Potatoes Green Peas Wheat Bread Mississippi Mud Pudding Milk Margarine	Chicken Cacciatore Penne Noodles Northern Beans 100% Fruit Juice Wheat Bread Peanut Butter Cookie Milk Margarine	BBQ Riblet Sweet Potatoes Green Beans w/Peppers Dinner Roll Seasonal Fruit Milk Margarine
22	23	24	25	26
Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	<i>~Christmas Meal~</i> Pork Chop w/Onion Gravy Chantilly Potatoes Green Peas w/Onions Dinner Roll Banana Pudding w/Wafers Milk Margarine	<i>Closed for Holiday</i>	<i>Closed for Holiday</i>	<i>~Birthday Meal~</i> Beef Patty w/Gravy Delmonico Potatoes Carrots Dinner Roll Birthday Cake Milk Margarine
29	30	31		
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	Beef Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	<i>~New Year's Meal~</i> Glazed Ham Black-eyed Peas Cabbage Cornbread Fudge Crème Cookie Milk Margarine	Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.	 TRIO Community Meals Nourishment through compassionate care.

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