





October 2025



217				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
TRIO Community Meals Nourishment through compassionate care.	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.	Baked Chicken w/Gravy Cabbage Glazed Carrots Dinner Roll Mississippi Mud Pudding Milk Margarine	Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Texas Bread Applesauce Milk	BBQ Riblet Baked Sweet Potato Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine
6	7	8	9	10
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
13	14	15	16	17
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
20	21	22	23	24
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
27	28			31
Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk	Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce	Glazed Ham Black-eyed Peas Cabbage Cornbread Banana Pudding Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Hot Pears Milk	~Halloween Meal~ Beef Frank Tater Tots Baked Beans Hot Dog Bun Seasonal Fruit Milk
Margarine				Ketchup Mustard





COAST

November 2025



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







December 2025



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

