


October 2024

Ector Co.Eld. Nutrition
1225 N. Adams-Odesa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Stew & Potatoes Corn & Carrots Broccoli Florets Crackers Pie Tea/Milk	2 Salisbury Steak with Brown Gravy Mashed Potatoes Peas & Carrots Harvest Nuts Strawberry Cake Tea/Milk	3 Grilled Chicken Breast White Rice CA Mixed Vegetables Yogurt Grandma Cookie Tea/Milk	4 Beef Chopped Steak Potato Salad Carrots & Green Beans Grapes/Strawberries Lemon Pie Tea/Milk
7	8	9	10	11
Pizza Salad String Cheese Cake Jello Tea/Milk	Chicken Nuggets Mac & Cheese Green Beans & Corn Apple Sauce Granola Bar Tea/Milk	Meatloaf with Brown Gravy Scalloped Potatoes English Peas Cake Yogurt Tea/Milk	Grilled Chicken Burger Italian Pasta Salad Lettuce & Pickles Fresh Fruit Cookie Tea/Milk	Italian Beef Goulash Dinner Roll 5-Way Mixed Veggies Rice Crispies Cake Tea/Milk
14	15	16	17	18
BBQ Chopped Steak Red Skin Mashed Pot Brussels Sprouts Pie Granola Bar Tea/Milk	Smothered Chicken Mashed Potatoes Broccoli Florets Cookie Fresh Fruit Tea/Milk	Green Chili Brisket Potato Salad Mixed Vegetables Cake Yogurt Tea/Milk	CK/Sausage Gumbo White Rice Okra & Tomatoes Apple Sauce Pie Tea/Milk	Ground Beef Chili Mac Mashed Potatoes Peas & Carrots Jello Cake Tea/Milk
21	22	23	24	25
Beef Fajitas Spanish Rice Pinto Beans Grandma Cookie Fresh Fruit Tea/Milk	Sausage Links (2) Mashed Potatoes Bacon Cabbage Harvest Nuts Cookie Tea/Milk	Bacon Cheeseburgers Maccaroni Salad Lettuce & Tomatoes Pie Apple Sauce Tea/Milk	Beef Stew & Potatoes Mac & Cheese 5-Way Mixed Veggies Cheez its Cake Tea/Milk	Chicken Teriyaki Fried Rice Asian Vegetables Oreos Jello Tea/Milk
28	29	30	31	
Beef Pepper Steak White Rice Mixed Vegetables Granola Bar Pie Tea/Milk	Fried Catfish Corn & Carrots Broccoli Florets Fresh Fruit Cake Tea/Milk	BBQ Meatballs Potato Salad Brussels Sprouts Cookie Pudding Tea/Milk	Grilled Chicken Scalloped Potatoes CA Mixed Vegetables Cake Cheez its Tea/Milk	BBQ Pulled Pork Red Skin Mashed Potatoes Italian Cut Green Beans Rice Crispies Apple Sauce Tea/Milk