

NEI3A Grundy Center Menu – October 2026

Wednesday, October 7:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Chicken Enchilada*	2 oz Chicken, 2-8-inch Tortilla, ¼ cup Chilies/Sauce	2
Street Corn Slaw*	½ Cup	1
Fruit Cup	½ cup	1
Milk	8 ounces	1

Friday, October 9:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Maple Dijon & Garlic Salmon	3 oz	-
Rice Pilaf	½ cup	2
Roasted Carrots	½ cup	-
Bread Slice	1 oz	1
Peaches	½ cup	1

Wednesday, October 14:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Greek Herb Grilled Chicken	4 ounces	-
Rainbow Orzo Salad*	½ cup	1
Green Beans	½ cup	-
Bread Slice	1 ounce	1
Mandarin Oranges	½ cup	1
Milk	8 ounces	1

Friday, October 16:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Beef & Bean Chili*	8 oz., 1 oz. Shredded Cheddar Cheese	2
Cornbread	2 oz.	1
Melon	1 cup	2
Milk	8 oz.	1

Wednesday, October 21:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Hawaiian Chicken Rice Bowl*	2. oz. Chicken, ½ cup Rice	1
Roasted Vegetables*	½ cup	-
Dinner Roll	1 oz.	1
Pineapple	½ cup	1
Milk	8 oz.	1

Friday, October 23:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Deli Roast Beef Wrap*	1 12-inch tortilla, 3 ounces meat, ½ cup vegetables	2
Garden Salad, French Dressing	½ cup greens, ¼ cup vegetables, 1.5 ounces dressing	1
Fruit Cup	½ cup	1
Milk	8 ounces	1

Wednesday, October 28:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Beef Taco (2)*	Each 1.5 ounces meat, ¼ cup lettuce/tomato, 1 8-inch tortilla	4
Pico De Gallo and Corn Chips*	¼ cup, 10 chips	1
Fruit Cup	½ cup	.5
Milk	8 ounces	1

Friday, October 30:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Lasagna with Meat Sauce*	2 oz Beef, ½ Cup Tomato Sauce, 1 oz Pasta	2
Garden Salad with Ranch Dressing	1 cup, 1 oz	-
Parmesan Breadstick	1 oz	1
Applesauce	½ cup	1

*Denotes onion in recipe.