

Lifestream Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Creole Baked Chicken Red Beans and Rice Collard Greens Cornbread Nutty Buddy Bar Milk Margarine Cal: 700 Sodium: 1232	Turkey Divan Parslied Rice Succotash Brussels Sprouts Snickerdoodle Bar Milk Diet - Graham Crackers Cal: 765 Sodium: 540
	5	6	7	8
	Meatloaf w/Brown Gravy Whipped Potatoes <i>New!</i> Lemon Garlic Green Beans Wheat Dinner Roll Butter Sugar Cookie Milk Margarine Cal: 666 Sodium: 953	Smoked Sausage w/Onions and Peppers Potato Wedges Broccoli Whole Grain Hot Dog Bun Strawberry Gelatin Milk Mustard Ketchup Diet: Sugar-Free Gelatin Cal: 844 Sodium: 1172	Ham & Black-Eyed Peas Whole Kernel Corn Collard Greens Cornbread Darlington Chocolate Chip Cookie Milk Margarine Cal: 638 Sodium: 979	Frito Pie Cilantro Lime Rice Carrots Frito Corn Chips Fresh Fruit Milk Cal: 695 Sodium: 540
	12	14	15	16
<i>New!</i> Chinese Chicken Jasmine Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 638 Sodium: 546	Egg Patty Breakfast Sausage Country Gravy Oven Roasted Potatoes Buttermilk Biscuit Cranberry Juice Milk Margarine Cal: 642 Sodium: 1199	Turkey Breast w/ Poultry Gravy Garlic Whipped Potatoes Seasoned Green Beans Whole Wheat Bread Pumpkin Cookie Milk Margarine Diet - Graham Crackers Cal: 593 Sodium: 1164	<i>New!</i> Bolognese Casserole (Pasta in entrée) Whole Kernel Corn Cauliflower Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 596 Sodium: 592	BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Applesauce Milk Cal: 697 Sodium: 1252
19	20	21	22	23
Potato Crusted Pollock Delmonico Potatoes Broccoli Whole Wheat Bread Fig Bar Cookie Milk Tartar Sauce Cal: 643 Sodium: 756	Fajita Chicken Refried Beans Fiesta Vegetable Blend Flour Tortilla Fresh Fruit Milk Taco Sauce Cal: 659 Sodium: 1009	Spaghetti Meatballs Spaghetti Noodles Tuscany Vegetable Blend Broccoli Fresh Fruit Milk Cal: 636 Sodium: 690	Cheeseburger Mac Green Peas Carrots Wheat Dinner Roll Orange Gelatin Milk Margarine Diet: Sugar-Free Gelatin Cal: 711 Sodium: 798	Turkey & Sweet Potato Hash Mixed Vegetable Blend Cornbread Cranapple Cobbler Milk Margarine Diet - Cranapplesauce Cal: 790 Sodium: 853
26	27	28	29	30
Chicken Philly w/ Provolone Cheese Ranch Potatoes Capri Vegetable Blend Whole Grain Hot Dog Bun Darlington Sugar Cookie Milk Cal: 629 Sodium: 789	Ground Beef Chili Brown Rice Broccoli Whole Wheat Bread Fresh Fruit Milk Cal: 631 Sodium: 742	Egg Patty (2) Hashbrown Casserole French Toast Sticks (2) Fresh Fruit Milk Pancake Syrup Cal: 704 Sodium: 852	<i>New!</i> Apple Chutney Pork Loin Whole Kernel Corn Seasoned Green Beans Whole Wheat Bread Carnival Cookie Milk Margarine Cal: 670 Sodium: 377	Chicken Tetrizzini (Pasta in entrée) Green Peas Carrots Oreo Cookies Milk Cal: 737 Sodium: 757

Menus subject to change

Courtney Furr RD, LDN

Courtney Furr RDN LD
License # 37004552A

Lifestream Picnic Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Dill Egg Salad Lettuce & Tomato Pasta Salad Whole Wheat Bread (2) Nuttty Buddy Bar Milk Cal: 764 Sodium: 598	Chef Chicken Salad Corn Salad Wheat Dinner Roll Snickerdoodle Bar Milk Ranch Salad Dressing Diet - Graham Crackers Cal: 763 Sodium: 738
	5	6	7	9
	Lemon Pepper Tuna Salad Lettuce & Tomato Bean Salad Whole Wheat Bread (2) Butter Sugar Cookie Milk Cal: 736 Sodium: 855	Sliced Turkey Breast Swiss Cheese Lettuce & Tomato <i>New!</i> Mexican Street Corn Salad Whole Grain Hamburger Bun Strawberry Gelatin Milk Diet: Sugar-Free Gelatin Cal: 667 Sodium: 1103	Chef Chicken Salad Beet Salad Saltine Crackers Darlington Chocolate Chip Cookie Milk Assorted Salad Dressing Cal: 567 Sodium: 879	Italian Ham Pasta Salad Green Pea Salad Saltine Crackers Fresh Fruit Milk Cal: 587 Sodium: 1250
	12	14	15	17
Pimento Cheese Lettuce & Tomato Venetian Pasta Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 764 Sodium: 780	BBQ Chicken Salad Carrot Raisin Salad Whole Grain Hamburger Bun Cranberry Juice Milk Cal: 665 Sodium: 872	Krab Salad Pasta Salad Tossed Salad Saltine Crackers Pumpkin Cookie Milk Ranch Salad Dressing Diet - Graham Crackers Cal: 674 Sodium: 1133	French Bistro Turkey Salad Lettuce & Tomato California Vegetable Salad Saltine Crackers Fresh Fruit Milk Cal: 591 Sodium: 914	<i>New!</i> Pesto Chicken Salad Marinated Carrots Coleslaw Saltine Crackers Hot Peaches Milk Cal: 710 Sodium: 798
19	20	21	22	23
Sliced Ham Swiss Cheese Lettuce & Tomato Honey Lime Corn Salad Whole Wheat Bread (2) Fig Bar Cookie Milk Cal: 646 Sodium: 1116	Chef Chicken Salad Chickpea Pasta Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 565 Sodium: 634	Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Potato Salad Whole Grain Hamburger Bun Fresh Fruit Milk Cal: 629 Sodium: 1224	Tuna Salad Tossed Salad Broccoli Salad Whole Wheat Bread (2) Orange Gelatin Milk Assorted Salad Dressing Diet: Sugar-Free Gelatin Cal: 552 Sodium: 911	Greek Chicken Salad Vegetable Pasta Salad Marinated Tuscany Salad Saltine Crackers Cranapple Cobbler Milk Italian Salad Dressing Diet - Cranapplesauce Cal: 800 Sodium: 722
26	27	28	29	30
Peanut Butter & Jelly Citrus Carrot Salad Whole Wheat Bread (2) Darlington Sugar Cookie Milk Cal: 764 Sodium: 649	Deviled Egg Salad Macaroni Salad California Vegetable Salad Saltine Crackers Fresh Fruit Milk Cal: 677 Sodium: 1231	Grilled Chicken Strips Lettuce & Tomato Tomato Spoon Relish Whole Wheat Tortilla Fresh Fruit Milk Ranch Salad Dressing Cal: 527 Sodium: 860	Sliced Turkey Breast Mozzarella Cheese Lettuce & Tomato Edamame Pasta Salad Whole Wheat Bread (2) Carnival Cookie Milk Cal: 653 Sodium: 908	Tuna Mac Salad Lettuce & Tomato Green Pea Salad Saltine Crackers Oreo Cookies Milk Cal: 559 Sodium: 761

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