

Total Life Center Lunch Menu (October/November/December 2026)

September 28	September 29	September 30	October 1	October 2
Chicken Brunswick Stew Wheat Bread Rice Mixed Beans Fresh Fruit Milk 1% October 26 November 23 December 21	Beef Chili Corn Bread Corn O'Brien Broccoli & Carrots Banana Milk 1% October 27 November 24 December 22	Chicken Pot Pie Sourdough Bread Ranch Diced Potatoes Capri Vegetables Fresh Fruit Milk 1% October 28 November 25 December 23	Smoked Beef Sausage Hot Dog Bun Green Beans Carrot Coins Banana Milk 1% October 29 November 26 December 24	Beef Ravioli Wheat Bread/Noodle Brussels Sprouts Beets with Orange Juice Orange Pudding Milk 1% October 30 November 27 December 25
October 5	October 6	October 7	October 8	October 9
Chicken Fajita Sourdough Bread Rice Broccoli & Carrots Fresh Fruit Pudding Milk 1% November 2 November 30 December 28	Peppered Swiss Steak (Beef) Wheat Bread Macaroni & Cheese Green Beans with Red Peppers Fresh Fruit Milk 1% November 3 December 1 December 29	Pork Bar-B-Que Riblet Hamburger Bun Bar-B-Que Beans Spinach Orange Milk 1% November 4 December 2 December 30	Chicken & Grits Biscuit Turnip Greens Fruit Compote Banana Milk 1% November 5 December 3 December 31	Spaghetti w/ Meat Sauce Italian Bread/Noodles Squash Casserole Lentils with Spinach Banana Milk 1% November 6 December 4 January 1
October 12	October 13	October 14	October 15	October 16
Beef Stroganoff Wheat Roll Apple Crisp Green Beans with Red Peppers Milk 1% November 9 December 7	Hamburger (Beef) Hamburger Bun O'Brien Potatoes Peas and Onions Fresh Fruit Milk 1% November 10 December 8	Chicken Curry Pita Bread Jeweled Rice Spinach Orange Milk 1% November 11 December 9	Meat Loaf (Beef) Sourdough Bread Broccoli and Carrots Succotash Apple Milk 1% November 12 December 10	Beef Salisbury Steak Sourdough Bread Green Beans Mashed Potatoes Banana Milk 1% November 13 December 11
October 19	October 20	October 21	October 22	October 23
Baked Chicken Wheat Bread Turnip Greens Orange Sweet Potatoes Fresh Fruit Milk 1% November 16 December 14	Beef Stew Sourdough Bread Peas and Onions Cauliflower w/ Red Peppers Banana Milk 1% November 17 December 15	Bar-B-Que Pork Hamburger Bun Delmonico Potatoes Green Beans Cole Slaw Fresh Fruit Milk 1% November 18 December 16	Chicken Fettucini Alfredo Wheat Roll/Noodles Zucchini & Onions Cinnamon Apple Slices Orange Milk 1% November 19 December 17	Turkey Burger Hamburger Bun Spinach Au Gratin Peach Crisp Orange Milk 1% November 20 December 18