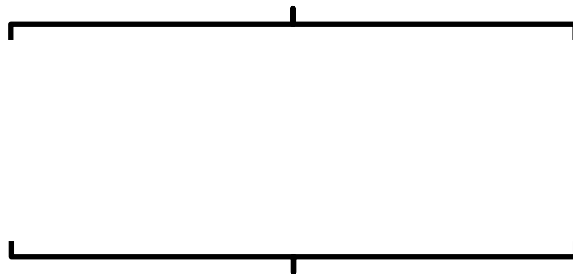




October 2025
THE EAGLE GAZETTE
JWH Oregon Senior Center
4350 Navarre Avenue
Oregon, Ohio 43616

NON-PROFIT
U.S. POSTAGE PAID
TOLEDO, OH
PERMIT NO.1011

ADDRESS SERVICE REQUESTED



“Let’s Get Wild” Dance



THE EAGLE GAZETTE
James “Wes” Hancock Oregon Senior Center
Volume 292~ October ~ Issue 302
Senior Center and Nutrition Hours:
Monday - Friday, 9:00 am - 2:00 pm
Phone:(419) 698-7078—www.oscoho.org

From Paula's Desk,

Wow! I do not get to say this very often, but the weather has been GREAT! High 70's in the day and 50's at night. Good for sleeping and easier on the air conditioner.

September has been a busy month! We had a very good Rummage and Bake Sale. We had steady shoppers and sold lots of 'stuff.' For everyone who donated, volunteered, purchased, and my wonderful staff THANK YOU! As for the Paprikash Dinner, Jennifer out did herself. Who knew that girl could cook like that. We also want to acknowledge Frank and Darlene Wright for the produce, Darlene and Jim Woods for the Hungarian cookies, Janice Sheahan for the ingredients, Lillian Katko for the basket, all of the volunteers, participants and the staff. It takes a village or should I say Senior Center to make it such a huge success. And, at this point we still have the Senior Expo on Monday, September 29, 2025!

I really hate to have to bring this up again, but we are having problems in our restrooms. Last month someone destroyed 1 of the new sanitizers on the urinal in the men's room. Yes, it was deliberate. The cover was torn off and broken and the tubing was tied up in knots and thrown on the sink. When accidents do happen in the restrooms, just please report it to a staff member. You do NOT have to accept ownership, just report the mess. Just recently, someone left their soiled undies on the floor for someone else to deal with it. When it is discovered later the mess is much harder to deal with. You are not expected to clean, but you are responsible to let us know.

October brings our biggest fundraiser of the year! The annual fall dance. This year our theme is 'LET'S GET WILD!' Yes, a Jungle Theme. We have quite an array of things planned for the night of Friday, October 24th, 2025. 'Lions and Tigers and Bears—Oh My!' You can wear your animal, jungle, or safari prints, eat exotic named foods, drink jungle juice and wild dancing to the tunes of Pure Country. There will be wild animal adoptions, a safari ring toss, basket raffles, a 50/50 raffle and ... well, just let your Imagination go wild.

Phil, my son and I are making plans for Thanksgiving. He is coming home this year. Usually, I go to Denver, so we are switching it up this year. He will only be home for 4 days, but I will cook and plan so much it will pass very quickly. Last time I was there we went to a club for Thanksgiving dinner and the Turkey dinner was \$62.00 (just a dinner plate, not a buffet) and the steak was \$42 per ounce...yes per ounce. He now tells me they are out of business. Hum, wonder why?

We are still working on our \$100,000 dollar challenge match donation. Most of the events we have done this year will be included into the match fund. Please encourage your friends and family to join in and contribute if possible. We are in serious discussion about going for a levy. I will keep you posted.

Please be mindful of all of our corporate members and sponsors. Patronize and be sure to thank them for their support. We live in a great community. Happy Fall Y'all!

Blessings! Paula



Oregon Senior Center's
LET'S GET WILD DANCE
Friday, OCTOBER 24th 2025

6:00PM-11:00PM

DOORS OPEN @ 5:30PM

UNITED STEELWORKERS LOCAL 1-346

2910 CONSUL ST.

TOLEDO, OHIO



INCLUDES DINNER, BEVERAGES, ENTERTAINMENT & DANCING

\$25 INDIVIDUAL

\$35 COUPLE

ALL PROCEEDS BENEFIT THE JWH OREGON SENIOR CENTER.

THANK YOU FOR YOUR SUPPORT!

Kevin Vansickle & The Pure Country Band

See Jen for your TICKETS!



Oregon Senior Center



A new place to bloom!

JWH Oregon Senior Center's Mission

To provide a safe and welcoming place where older adults from all walks of life come together for services, programs, and activities that reflect their diverse needs and interests, while creating an atmosphere that affirms their dignity, self-worth, independence, and continued participation in the community.

Find us online at WWW.OSCOHIO.ORG

2025 Board of Directors

~OFFICERS~

President: Sharon Rudess, Senior Center Rep

Vice President: Loretta Witte, Senior Center Rep

Treasurer: Brett Tscherne, Eggleston, Meinert & Pavley

Secretary: Beth Estep, DNP, RN, CEN, Assoc. CNO/VP

Patient Care Service, ProMedica Bay Park

~DIRECTORS~

Sister Dorothy Thum, Mercy St. Charles Hospital

John Eisenhart, Senior Center Advisor

Tanika Oliver Williams, Eastern Community YMCA

Maria Bradford, Orchard Villa

Jen Kurtovic, Eastern Maumee Bay

Chamber of Commerce

Rex Powers, Senior Center Rep

Margaret Weisenburger Attorney at Law

~ ADVISORS ~

C.P.A.: Tucker Kissling & Associates

Legal: Melissa Purpura

Building: Keith Henninger

Council: Dennis Walendzak

~EXECUTIVE DIRECTOR~

Paula J. Benton

Our JWH Oregon Senior Center CORPORATE MEMBERS

DIAMOND CLUB

Trompeter Family Foundation

GOLD CLUB

Baumann Auto Group, East Point Rehabilitation, LLC,
Ronald & Debra Baker, Veterans of Foreign Wars Post #4906,
Janice Sheahan, Kenneth Young

FOUNDER'S CLUB

Bay Area Credit Union, Black & White Transportation,
Chemtrade Refinery Services, Compass Management,
John Eisenhart, Dimech Services Inc, .
Mercy St. Charles Hospital, Oregon/Northwood Kiwanis, Tesco

PRESIDENT'S CLUB

Ace Roofing & Construction Company Inc,
Croghan Colonial Bank, Gladieux Home Center,
Joseph P. Sexton. DDS, Joseph R. Schmidbauer, DDS,
Northwood Door, LLC, Oregon Insurance & Financial Services,
Ron's Trailers. Inc, , Tucker, Kissling & Associates

DIRECTOR'S CLUB

Alan Miller Jewelers, Bernie Stone Ins, Future Wave, Genoa Bank,
G. Scott Louderback, DDS, Meinke Marina, Janet Morrison, Mr. Emblem, Oregon City Council,
Terry Reeves, Oregon Economic Development Foundation,
Janice Sheahan, Robert & Carol Vincent, Paul & Amy Drake

FRIENDS OF THE CENTER

Citizen's Tax, Paul Blackburn,
ARC Dylan Clement, Carol & Bob Felaris, Jim Henderson, Ella Mae
Iman, Orchard Villa, Dr Riza, Loretta Witte, Steve Salander

Leave the driving to us!

Appointments, shopping, medical, banking, hairdressers,
to the Senior Center and more! Transportation provided
to any resident 60 and older to and from Oregon & East Toledo.

Transports MUST be scheduled 24hr in Advance!

SUGGESTED DONATION:

Essential trips \$4.00 roundtrip

\$1.00 for each additional stop.



Do you need transport across the river?

TARTA

Now Serving Oregon Fixed
Route 2 all the way to Flower Hospital

TARTA Flex and TARPS

419-382-9901

419-698-7078 OCS can help!





October BIRTHDAYS



Beverly	Chudey	10/3
Janice	DeLeon	10/3
Peggy	Needham	10/3
Marlene	Menter	10/6
Carol	Basinger	10/8
Roseann	Pope	10/8
Nancy	Lonsway	10/9
Dolores	Jabs	10/10
Lisa	Sheets Archibald	10/11
Robert	Anderson	10/12
Kathleen	Gladieux	10/19

JR	Wlodarz	10/19
Gregory	Collier	10/20
Loreta	Gronwall	10/20
Miriam	Patznick	10/21
John	McQueary	10/22
Violet	Nycum	10/22
Chaise	Moore	10/25
Kathleen	Needham	10/27
Martha	Wilkes	10/27
Sharon	Sutton	10/28
Marsha	Andrzejewski	10/29

Lucille	Cribley	10/29
Chuck	Juhasz	10/29
Mike	Henneman	10/30
Clifford	Smith	10/30
Janet	Wineland	10/30



We're here for You! Contact Us

Oregon Senior Center
419-698-7078

Paula J Benton-Executive Director

Paula@oscoho.org

Amy Jenkins Outreach
Coordinator

Amy@oscoho.org

Questions? Comments?

Suggestions?

Contact@oscoho.org

www.oscoho.org



Supportive Services....

We are here to help you!

**If you need help with
billing problems, filling out forms,
computer questions, etc. Come in and
talk to one of the staff members. We
are always happy to help!**

MEMBERS UNDER THE WEATHER OR RECOVERING

Hassen Abdoney

Ralph Bassler

Aladino Bijarro

Eunice Block

Fatima Buck

Alice Cobb

Millie Cope

Panka Eneff

Donna Fielding

Richard Friess

Norma Gerke

Ella Mae Iman

Betty Koska

Doris Levy

Dean Lowe

Roy Morales

Al Papenfus

Pat Prudy

Barbara Rains

Mary Jean Schimmel

Judy Stout

Mary Ann Suto

Debby Trump

Thomas Tuller

Rosie Whitt

Janet Wlodarz

Theresa Zsigray

Stay informed!

- **Oregon Senior Center website**
www.oscoho.org
- **City of Oregon**
www.oregonohio.org
- **Area Office on Aging**
419-382-0624
- **United Way**
211

WITH DEEPEST

SYMPATHY

TO THE FAMILIES OF

MIGUEL RODRIGUEZ

DONALD H. CHARLTON

The Alzheimer's Association, Northwest Ohio Chapter provides services to Lucas County Residents! The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's Disease and all Dementia's through our 24/7 Helpline (800-272-3900), virtual/telephonic Care Consultations, Education Programs, and Caregiver Support Groups. If interested in registering for a virtual caregiver support group or education program please call the helpline at 800-272-3900. If interested in a Care Consultation please reach out locally to Dakota Stone at 567-302-3608. We are looking for program volunteers to help with education and outreach for more information on how to volunteer please contact Dakota Stone. Alzheimer Care Support Group at the Oregon Senior Center Thursday June 12th@1pm

We Are A **Cooling & Warming Station**

Please remember that the Oregon Senior Center is a cooling & warming Station. A Place for you to get out of the Heat/Cold and Cool down/Warm up.

Our doors are open.

Monday-Friday 9am-2pm
(Special Hours By Request)

419-279-6541

So don't wait it out at Home!!



Euchre

7/23	1st	Jerry Heilman
	2nd	Bob Anderson
	3rd	Ginny Tod
	Booby	Tim Weiker
	Loaners	Charles Morris
7/30	1st	Bill Farrand
	2nd	Bill Rowland
	3rd	Tom Castellanos
	Booby	Charles Morris
	Loaners	Betty Anderson
8/6	1st	Bonnie Smith
	2nd	Ed Pollauf
	3rd	Derlene Lorenzen
	Loaner	Bonnie Smith
8/13	1st	Jerry Heilman
	2nd	Tony DeLeon
	3rd	Rich Friess
	Booby	JoyceTreat
	Loaner	Jerry Heilman

Acrylic Painting Class

With Instructor/Artist Mary Claire Roe

Thursday, October 2nd, 9th, 16th, 23rd & 30th

Our May class begins the first Thursday of the month and the subject will be a picture " Hollyhocks " learn to paint a scene using a variety of painting tools and techniques in acrylics. Join us for some relaxing painting fun. No experience need!

Students bring their own supplies. Please come early to get ready to start right at noon. Class runs to 12-2:00pm.

Only \$5.00 per every 2hr. class for non-Oregon residents. FREE to Oregon residents!

Supply List:

11" x 14" canvases (this size recommended for beginners) or any sizes.

Acrylic paint (not craft paint)

red or magenta, yellow, ultramarine blue, phthlo blue (other blues optional), burnt sienna black, white & other colors optional

Tabletop easel optional

Brushes: synthetic:

3/4" flat, 1/4" flat or

filbert, small liner

(other brushes optional)

natural sea-wool sponge

rags/paper towels and large

water container, foam plate or

other palette



MUST SIGN UP ON BOARD
ONLY 12 PEOPLE PER CLASS

Pinochle

8/21	1st	Rich Friess
	2nd	Bob Anderson
	3rd	Joanne Fox
	Booby	
8/28	1st	Joyce Treat
	2nd	Sue Ann Rogers
	3rd	Judy Kelly
	Booby	Bonnie Smith
9/4	1st	Liz Bushman
	2nd	Sue Ann Rogers
	3rd	Rich Friess
	Booby	Pat

Bread is available for Seniors 60+

Monday-Friday 11am-2pm while supplies last in the main room of the Center. For freshest supply, delivery is on Mondays & Wednesdays. Limit 2 items
Donations are Greatly appreciated!

Mah Jongg

Top 3 players from 7/2-7/30	Games Won
Becky Hrabovsky	15
Lisa Sattler	9
Jan Shahan	8
Phillis Guy	8
Wall	3
#1 Top Player	Becky Hrabovsky

Online Grocery Shopping/Delivery

Available Mon-Thurs 9am-1pm

Do you have trouble getting around or are home bound and unable to get to the store? Let us do the work for you!!

- Call the Center with your grocery list.
- We will place your order for you (using your payment method)
- We will pick up & deliver to you the next day! Suggested Donation \$5.00
- **Call 419-698-7078**

**Bingo Callers and Money
Collectors are Wanted!!
See Paula if interested!
Need Thursday Caller ASAP!!**



**Penny Bingo EVERY Wednesday
& EVERY Friday at 9:30am
High Stakes \$3 Bingo
EVERY Thursday at 12:30pm!!**

WISH LIST

- ♦ Plastic Spoons
- ♦ Candy for Jen's Dish!
- ♦ Coffee

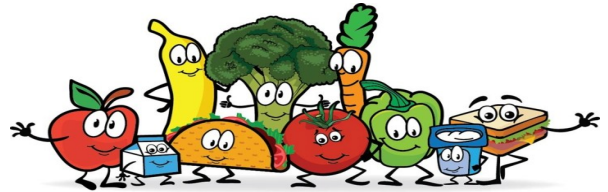
**Thank You for your donation
& generosity.**

We Appreciate Everyone of you!

The Oregon Senior Center is funded by the Lucas County Senior Levy, Title III-B, and grants administered through the Area Office on Aging of Northwest Ohio, Inc. The Center is also supported, in part, by the City of Oregon donations, memberships, and fundraisers also contribute to the operation of the Center. **Donations always gratefully accepted.**

Breakfast Club

**Tuesday & Thursday
@ 9am
Free to 60+ older.
Bring a friend!!
Donations
appreciated!**



Area Office on Aging Daily Lunches

**Come in for Lunch & bring a Friend!
Lunches served daily
Monday– Friday @ 11:30am
You MUST call
24hrs in advance
to reserve your lunch.
Suggested Donations \$2.50**

Friday \$5 Bag Lunches

**Every Friday at 11:30am
Please sign up on board
Order 24hr in advance!**

***AOoA Lunches will still be
available to order**

**24hr in advance
for a suggested
\$2.50 donation.**





Healthy Lifestyle



Call for program details and sign up! 419-698-7078

Informational Classes

Grief Support Group

Monday, October 27th @1pm

Come Join Pastor Julie Beitelschees at OSC to talk about all aspects of Grief.

Diabetic Support Group

Tuesday, October 14th @10:00am

Come together for group discussions share stories and experiences and learn how to cope with this illness.



Fellowship

Monday, October 6th & 20th @12-2pm

Come join The Freemans in the Teapot Room.

Alzheimer's Care Support Group

Second Thursday of each month.

October 9th @1pm w/ Vicky Coy

Exercise & Dance Classes

Ballroom Dancing

Monday, October 6th, 13th, 20th & 27th @11:30am

Join instructor Dina Rohrs.

Located in OSC Dance Room.

Zumba Style

Thursday, October 2nd, 9th, 16th, 23rd & 30th

@10:00am

Join instructor Dina Rohrs.

Located in OSC Dance Room.

Line Dancing

Friday, October 3rd & 17th @10am

Join instructor Jo Kandik.

Located in OSC Dance Room.



Tai Chi

Friday, October 3rd & 17th & 31st @ 11:15am October 10th @10am,

Instructor Kristen/UTMC

Located in OSC Dance Room.

Creative Classes Acrylics Class

Thursday, October 2nd, 9th, 16th, 23rd & 30th
12pm-2pm Join instructor, Mary Claire
at the OSC to create another amazing
painting. Limited seating. Must sign up for class.

Come in or call 419-698-7078.

Bring your own supplies.

Must be an Oregon residents 60 yrs & older.

**\$5.00 for NON-OREGON
RESIDENTS**



CRAFT CLASS w/Deb Baker

On hold till January

Check Board for more Info

Card/Dice Games

Mah Jongg

Wednesday, October 1st, 8th, 15th,
22nd & 29th @10:00am.

Euchre

Wednesday, October 1st, 8th, 15th,
22nd & 29th @11:00am

Pinochle

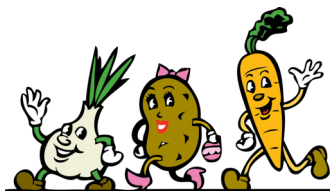
Thursday, October 2nd, 9th, 16th,
23rd & 30th @10:00am

Bridge

Friday, October 3rd & 17th @11:00am

Must have a minimum
of 4 participants.





REMINDER

Farmers Market Coupons

Hurry up and use your
Coupons before they expires
Expires On 11/30/2025

The Center will be CLOSED
Friday, October 24th
"Lets Get Wild Dance"

See you @6pm!



TOLEDO ZOO

Senior Discovery Days

From Sept. 3– Oct. 29,
Seniors take advantage of
FREE admission

& activities every Wednesday!
More info posted on the Board

Did you know?

The center has gently used medical
equipment for no cost.

Donated items are cleaned
& sanitized before donating
back to the community.

So check with us before buying.

Incontinence supplies also available.



Medical Screening Checks

Tuesday, October 7th
@ 9-12pm
BP's w/Kelly, Lucas County
Health Department

Thursday, October 9th
@ 9:30-10:30am
BP's w/ Kelly
Partners in Home Care

Tuesday, 28th
@9-11am
BP'S w/Tonya
Ayden Healthcare

Thursday, October 23rd
@ 9:30am-12:30pm
BP's w/Loretta RN

Health Department

Flu Shots w/ Kelly
Tuesday, October 7th
@ 10-12pm

Must sign up on board & Bring
Health Insurance Card!

GUEST SPEAKER

Stacy W/United Healthcare
Thursday, October 16th
@9:30am



Elara Caring Education & Exercise Class

w/ Jodi Tuesday,
October 21st @ 9:30am



Ice Cream Social

2nd Thursday of the Month
Thursday, October 9th @12:00pm

Sponsored by:
Heritage Health Care
w/Sara Mason

The Clothing Closet

@ Cedar Creek Church
3540 Seaman Road
Oregon, Ohio 43616

Second Saturday of the Month

OPEN 10am-12noon

There is not an elevator in the building so individuals must be able to climb one flight of stairs.

Rita's Soups

St. Paul's Episcopal Church.

798 Coy Rd. Oregon, OH



Every 3rd Saturday of the month
from 11am-12:30pm.

Rita's Soups will offer, soup & crackers or bread to anyone who comes through the doors. A free will offering will be accepted from those wishing to contribute to this program.

BAUMANN AUTO GROUP

23RD ANNUAL BIG CHARITY — RAFFLE —

100% OF VEHICLE DONATED BY THE BAUMANN AUTO GROUP
WINNER WINS THE CHOICE OF:



NEW CHEVROLET TRAX*

NEW FORD MAVERICK*

NEW JEEP COMPASS*

OR CASH OPTION OF \$20,000
*MSRP UP TO \$27,000

100% OF THE PROCEEDS TO BENEFIT:

First Step - Oregon Senior Center
Liberty Center of Fremont - NCAT of Tiffin - Ottawa County Transitional Housing
Parker's Purpose - CASA of Seneca, Sandusky & Wyandot Co.
Back to the Wild - NAMI of Seneca, Sandusky & Wyandot Co.
Engaging Opportunities - Riders Unlimited - Joyful Connections
United Way of Sandusky County Cancer Care Fund - E.A.C.C. of Seneca County
Genoa Area Food Pantry - Oak House of Port Clinton - Arc of Ottawa Co.
Ottawa Cancer Care

\$5.00 PER TICKET

100% OF TICKET SALES GOES TO CHARITY
TOTAL MONEY RAISED FOR CHARITIES IN THE PAST
22 YEARS IS \$1,301,909

Dates on

BAUMANN AUTO GROUP

23RD ANNUAL

BIG CHARITY

— RAFFLE —

Ticket sale start date:

4/1/25 - 10/15/25 Fifty finalist
ticket will be drawn on 11/1/25.

On 11/8/25 @ 1pm the fifty
finalists will congregate at
Baumann Chevy Buick in
Tiffin, Ohio for the WINNING
ticket to be drawn.



October Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	9am Breakfast Club	1 9:30am Bingo 10am Mah Jongg 11am Euchre	2 9am Breakfast Club 10am Pinochle 10am Zumba Style 12 -2pm Acrylic Class 12:30-2pm \$3 Bingo	3 9:30am Bingo 10am Line Dancing 11am Bridge 11:15am Tai Chi 11:30am \$5 Bag Lunches
6 11:30am Ballroom Dancing 12-2pm Fellowship	7 9am Breakfast Club 9:30-12 Flu Shots w/ Kelly Health Department <u>Sign Up on the board!</u>	8 9:30am Bingo 10am Mah Jongg 11am Euchre	9 9am Breakfast Club 9:30am BP's w/ Kelly Partners in Home Care 10am Pinochle 10am Zumba Style 12 pm Ice Cream Social Heritage Health 12-2pm Acrylic Class 12:30-2pm \$3 Bingo 1-2pm Alzheimer	10 9:30am Bingo 10am Tai Chi 11:30am \$5 Bag Lunches
13 11:30am Ballroom Dancing	14 9 am Breakfast Club 10am Diabetic Class	15 9:30am Bingo 10am Mah Jongg 11am Euchre	16 9am Breakfast Club 9am United Healthcare 10am Pinochle 10am Zumba Style 12 -2pm Acrylic Class 12:30-2pm \$3 Bingo	17 9:30am Bingo 10am Line Dancing 11am Bridge 11:15am Tai Chi 11:30am \$5 Bag Lunches
20 11:30am Ballroom Dancing 12-2pm Fellowship	21 9am Breakfast Club 9:30am Elara Caring Education / Exercise W/ Jodi	22 9:30am Bingo 10am Mah Jongg 11am Euchre	23 9am Breakfast Club 9:30am BP'S w/Loretta 10am Pinochle 10am Zumba Style 12 -2pm Acrylic Class 12:30-2pm \$3 Bingo	24 CLOSED FOR THE DANCE "LETS GET WILD" @6PM
27 11:30am Ballroom Dancing 1-2 pm Grief Support	28 9am Breakfast Club 9-11am BP's w/ Tonya Ayden Healthcare	29 9:30am Bingo 10am Mah Jongg 11am Euchre	30 9am Breakfast Club 10am Pinochle 10am Zumba Style 12 -2pm Acrylic Class 12:30-2pm \$3 Bingo	31 9:30am Bingo 11:15am Tai Chi 11:30am \$5 Bag Lunches
Monthly overview of the Center's activities. If you are interested in something listed CALL THE CENTER to find out how to participate. 419-698-7078				

Oregon Senior Center Lunch Menu



October



Monday-Friday 11:30am-12:00pm

The suggested donation is \$2.50

419-698-7078

You must RSVP 24 hours in advance!

Served Onsite!

Please specify when reserving your meal if you want lunch A or lunch B.

Monday	Tuesday	Wednesday	Thursday	Friday
These meals are available for suggested donation of \$2.50 to anyone 60 years or older. MEMBERS UNDER 60 Lunch is a MANDATORY cost of \$5.61 and must be given directly to staff. (unless spouse of member is 60 or over.)	Reservations Must be Made 24 hrs. in advance by calling 419-698-7078 Ingredients listed related to allergies call: 419-382-5791 MEALS SUBJECT TO CHANGE	1 A. Pasta Primavera B. Turkey Breast w/Gravy Whipped Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk	2 A. Taco Meat B Fajita Chicken Lettuce/Tomatoes Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk	3 A. Turkey Chef Salad B. Ham Chef Salad Beet Salad Copper Penny Salad Saltine Crackers Fresh Fruit Milk
6 A. Savory Chicken B. Spanish Beef Patty Paprika Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk	7 A. Turkey Tetrzzini B. Chicken & Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk	8 A. Vegetarian Chili B. Beef Chili Baked Potato Broccoli Cornbread Fresh Fruit Milk	9 A. Meatball Stroganoff B. Chicken Vegetable Stew Brown Rice Peas w/Red Peppers Biscuit Fresh Fruit Milk	10 A. Glazed Ham B. Sliced Turkey Breast Poultry Gravy Whipped Sweet Potatoes Cabbage Wheat Roll Fresh Fruit Milk
13 A. Swiss Steak B. Pork w/Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Fresh Fruit Milk	14 A. Swedish Meatballs B. Chicken A La King Ziti Noodles Herbed Green Bens Pineapple Tidbits Milk	15 A. Ham Au Gratin Casserole B. Savory Beef Patty Collard Greens Sliced Carrots Wheat Bread Fresh Fruit Milk	16 A. Spanish Beef Patty B. Honey Ginger Chicken Confetti Rice Tossed Salad Wheat Bread Cherry Red Betty Milk	17 A. Macaroni & Cheese B. White Chicken Chili Stewed Tomatoes Green Peas Saltine Crackers Fresh Fruit Milk
20 A. Beef Patty w/Gravy & Peppers B. Savory Chicken Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk	21 A. Sliced Turkey Breast B. Liver & Onions Whipped Potatoes Mixed Vegetables Wheat Roll Frash Fruit Milk	22 A. Chicken Scampi B. Beef Italiano Garlic Pamesan Rice Broccoli Wheat Bread Fresh Fruit Milk	23 A. Spinach Spaghetti Sauce B. Beef Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Peach Cobbler Milk	<u>CLOSED</u> <u>FOR THE</u> <u>DANCE</u>
27 A. BBQ Pork Rib Patty B. BBQ Chicken Patty Baked Beans Whole Kernel Corn Hamburger Bun Fresh Fruit Milk	28 A. Tuscan Chicken B. Savory Beef Patty Rosemary Potatoes Green Peas Wheat Bread Fresh Fruit Milk	29 A. Asian Meatballs B. Mongolian Chicken Brown Rice Oriental Vegetables Wheat Bread Fortune Cookie Milk	30 A. Pork Roast Brown Gravy B. Turkey w/Supreme Sauce Buttermilk Potatoes Medley Cabbage Wheat Roll Fresh Fruit Milk	31 <u>~Halloween Meal~</u> A. Cheeseburger B. BBQ Chicken Crispy Cubed Potatoes Glazed Carrots Hamburger Bun Pumpkin Cake Milk