


October 2025

Ector Co.Eld. Nutrition
1225 N. Adams-Odesa
(432)337-5281

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 Green Chili Beef Tips White Hominy Corn & Green Beans Gardettos Cake Tea/Milk	2 Sausage with Peppers and Onions Diced Potatoes Bacon Cabbage Cheese Stick Cherry Cobbler Tea/Milk	3 Tex-Mex Goulash Mashed Potatoes Broccoli Florets Scooby Snack Fruit Cup Tea/Milk
6	7	8	9	10
Chicken Alfredo Wild Rice Capri Mixed Vegetable Cheese Stick Cookie Tea/Milk	Meatloaf with Brown Gravy. Diced Potatoes Green Beans & Corn Muffins Jello Tea/Milk	Honey Dijon Chicken White Rice CA Mixed Vegetables Cheeze its Pie Tea/Milk	Meatball w/Marinara Scalloped Potatoes Brussels Sprouts Granola Bar Cake Tea/Milk	Italian Chicken Rice Pilaf Italian Green Beans Fruit Cup Lemon Bars Tea/Milk
13	14	15	16	17
Beef Chopped Steaks Button Mushrooms 5 Way Mixed Veggies Applesauce Brownie Tea/Milk	Texas Chili with Beans Dinner Rolls Peas & Carrots Fresh Fruit Oreo Cookie Tea/Milk	Chicken Fajitas Spanish Rice Pinto Beans Yogurt Cake Tea/Milk	Salisbury Steaks Red Skin Mashed Pot Sugar Snap Peas Muffins Pudding Tea/Milk	CK & Sausage Gumbo Rice Pilaf Okra & Tomatoes Granola Bar Cookie Tea/Milk
20	21	22	23	24
BBQ Pork Riblets (2) Bell Pepper Corn Bacon Green Cabbage Gardettos Sherbert Tea/Milk	Chicken Pot Pie Biscuit Broccoli Florets Granola Bar Cake Tea/Milk	sliced Beef Brisket Black Eyed Peas String Green Beans Muffin Jello Tea/Milk	Chicken Vera Cruz Spanish Rice Refried Beans Harvest Nuts Pie Tea/Milk	Beef Stew w/Carrots Diced Potatoes 5 Way Mixed Veggies Cheez its Cookie Tea/Milk
27	28	29	30	31
Chicken Poultry Gravy Mashed Potatoes Broccoli Florets Granola Bar Pudding Tea/Milk	Swedish Meatballs Red Skin Mashed Pot Italian Green Beans Fruit Cup Cake Tea/Milk	Beef Fajitas Spanish Rice Refried Beans Yogurt Cookie Tea/Milk	Gen Tso's Grilled CK White Rice Broccoli & Carrots Applesauce Pie Tea/Milk	BBQ Beef Patty Diced Potatoes 5 Way Mixed Veggies Gardettos Jello Tea/Milk 