

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CANCELLATION POLICY
		Oct 1, 2025	Oct 2, 2025	Oct 3, 2025	<p>CANCELLATIONS REQUIRED 24HRS IN ADVANCE by contacting: 530-662-7035 or welcome@mowyolo.org Include your full name and community in your message. Habitual late cancellations may require us to consider other options to meet your nutrition needs.</p> <p>MENU SUBJECT TO CHANGE</p>
		<ul style="list-style-type: none"> Dijon Chicken Breast w/ Peppers White Rice Peas & Carrots 	<ul style="list-style-type: none"> Pot Roast w/ Gravy Mashed Sweet Potatoes Carrot Coins 	<ul style="list-style-type: none"> Beef & Noodle Casserole Cauliflower 	
Oct 6, 2025	Oct 7, 2025	Oct 8, 2025	Oct 9, 2025	Oct 10, 2025	
<ul style="list-style-type: none"> Pork Paprikash Rice Confetti Capri Vegetable Blend 	<ul style="list-style-type: none"> Baked Chicken w/ Honey Mustard Sauce Brown Rice Sauteed Peppers & Onions 	<ul style="list-style-type: none"> Beef Meatballs w/ BBQ Sauce Mashed Potatoes Broccoli Florets 	<ul style="list-style-type: none"> Chicken Tostada Casserole Baby Carrots 	<ul style="list-style-type: none"> Mexican Spiced Chicken Brown Rice Cauliflower 	
Oct 13, 2025	Oct 14, 2025	Oct 15, 2025	Oct 16, 2025	Oct 17, 2025	
<ul style="list-style-type: none"> Beef Picadillo Brussels Sprouts 	<ul style="list-style-type: none"> Chicken Florentine w/ Spinach Mashed Potatoes Broccoli & Cauliflower w/ Cheese Sauce 	<ul style="list-style-type: none"> Catfish Filet w/ Lemon Herb Butter Sauce Whipped Sweet Potato Baked Beets 	<ul style="list-style-type: none"> Beef & Bean Chili w/ Shredded Cheese Cornbread baby Carrots w/ Oregano 	<ul style="list-style-type: none"> Vegetable Lasagna Cauliflower 	<p>Frozen vegetarian options are available upon request at (530) 662-7035 or welcome@mowyolo.org.</p>
Oct 20, 2025	Oct 21, 2025	Oct 22, 2025	Oct 23, 2025	Oct 24, 2025	<p>SODIUM/MENU NOTES</p> <ul style="list-style-type: none"> Meals typically are 760 mg or less. Any meals exceeding 1,000 mg are labeled with a salt shaker icon. The Chronic Disease Risk Reduction level of sodium is 2,300 mg or less daily. Published meals may vary due to food product fulfillment issues beyond our control. Please contact us with any concerns.
<ul style="list-style-type: none"> Beef Stroganoff Whole Wheat Penne Pasta Green Beans 	<ul style="list-style-type: none"> Chicken Mole Brown Rice California Vegetable Blend 	<ul style="list-style-type: none"> Potato & Cheddar Soup Broccoli Florets 	<ul style="list-style-type: none"> Ground Turkey Meatballs w/ Marinara Sauce Polenta Brussel Sprouts 	<ul style="list-style-type: none"> Chicken Vesuvio Stewed Cabbage 	
Oct 27, 2025	Oct 28, 2025	Oct 29, 2025	Oct 30, 2025	Oct 31, 2025	
<ul style="list-style-type: none"> Baked Chicken w/ Teriyaki Sauce Brown Rice Broccoli Florets 	<ul style="list-style-type: none"> Tuscan Chicken Mashed Potatoes Italian Vegetable Blend 	<ul style="list-style-type: none"> Beef Johnny Marzetti Baby Carrots 	<ul style="list-style-type: none"> Chicken Breast Pasta Primavera 	<ul style="list-style-type: none"> Beef Patty w/ Mushroom Sauce Baked Sweet Potato California Vegetable Bland 	