

September 2010

Menu subject to change due to product availability

2% or fat free milk served with meal

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Seasoned Chicken Breast Parmesan Noodles Peas and Mushrooms Assorted Dinner Roll/Margarine Tomato, Cucumber and Onion Salad Orange Juice</p>	<p>2 Sliced Turkey with Gravy Cut Sweet Potatoes Seasoned Green Beans Wheat Bread(2) /Margarine Cranberry Juice</p>	<p>3 Beef Meatloaf Mashed Potatoes Carrots Wheat Bread /Margarine Fresh Orange 2pk Graham Crackers</p>
<p>6 Choice Day Labor Day Agency Closed Frozen Meal BBQ Pork Riblet or Chicken Breast Ranch Beans Seasoned Spinach Hoagy Roll Apple Juice Pound Cake DA: Graham Crackers</p>	<p>7 Choice Day Ham or Turkey Sandwich on Rye (Low Sodium products) Mayonnaise/Mustard Pkts Potato Salad Low sodium V-8 Juice Fresh Grapes</p>	<p>8 Oven Fried Chicken Seasoned Lima Beans Whole Kernel Corn Apricot Nectar Biscuit/ Margarine 2pk Graham /Cracker</p>	<p>9 Swiss Steak with Chunky Tomato Sauce Brown Rice Seasoned White Beans Wheat Bread /Margarine Tossed Salad/Ranch Dressing Cantaloupe Chunks</p>	<p>10 Chicken Fajitas w/ ½ cup cooked peppers, onions, tomatoes Flour Tortillas (2) Refried Beans Orange Juice</p>
<p>13 Sloppy Joe Hamburger Bun Garden Blend Vegetables Tater Tots/Ketchup Apple Juice</p>	<p>14 Choice Day Oven Fried Catfish or Chicken Breast/Tartar Sauce Spaghetti with Marinara Sauce Cut Green Beans Coleslaw Corn Muffin Ambrosia Salad</p>	<p>15 Beef Hot Dog Chuck Wagon Corn Vegetarian Baked Beans Hot Dog Bun Orange Pineapple Juice</p>	<p>16 Breaded Chicken Drumsticks Macaroni & Cheese Seasoned Spinach Corn Muffin Mandarin Orange Segments Fresh Apple</p>	<p>17 Choice Day Tuna Salad or Chicken Salad Lettuce and Tomatoes Croissant Italian Rotini Pasta Salad with Chickpeas Pickled Beets & Onions Grape Juice</p>
<p>20 Teriyaki Chicken Breast Peas and Carrots Brown Rice Wheat Bread/Margarine Pineapple Juice Apricots</p>	<p>21 Choice Day Pork Loin With Gravy or Sliced Turkey Breast Sauerkraut Parsley Potatoes Strawberry Applesauce Rye Bread (2)/Margarine</p>	<p>22 Chicken Cacciatore ½ cup Peppers and Onions Rotini Pasta Warm 3 Bean Salad Garlic Bread/Margarine Apple Juice</p>	<p>23 Choice Day Seasoned Baked Fish or Chicken Breast/Tartar Sauce Glazed Carrots Confetti Brown Rice Orange Juice Raisins Blueberry Muffin</p>	<p>24 Salisbury Steak/Mushroom Sauce Mashed Potatoes Broccoli Cuts Whole Wheat Roll/Margarine Cranberry Juice Nutrigrain Bar</p>
<p>27 BBQ Pulled Chicken Sandwich On Hamburger Bun Potatoes and Onions Seasoned Black Beans & Corn Fresh Fruit</p>	<p>28 Choice Day Healthy Lite Fish or Chicken Breast/Tartar Sauce Rotini & Cheese Sauce Broccoli and Cauliflower Wheat Bread/Margarine Fresh Pear Grape Juice</p>	<p>29 Choice Day Bratwurst or Beef Kielbasa Roasted Potatoes Seasoned Cabbage Hot Dog Bun Fruit Cocktail</p>	<p>30 Chicken Tenders Seasoned Collard Greens Seasoned Black Eyed Peas Corn Muffin/Margarine Orange Juice 2pk graham crackers</p>	

