

September 2019

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Centers Closed</p> 	<p>3 Hamburger Au Jus Wh. Grain Hamburger Bun Potato Wedges Carrots Blended Juice</p>	<p>4 Chicken Garden Casserole Summer Blend Vegetables Wh. Grain Bread Mandarin Oranges</p>	<p>5 Rib Beef Patty Stewed Tomatoes w/ Cilantro Garden Peas Orange-Pineapple Juice</p>	<p>6 Sliced Turkey w/ Dressing Butternut Squash Flat Peas Dinner Roll Graham Crackers</p>
<p>9 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce</p>	<p>10 Chicken Teriyaki Brown Rice Stir Fry Vegetables Carrots Wh. Grain Bread Grape Juice</p>	<p>11 Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit</p>	<p>12 Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Apple Juice Wh. Grain Bread</p>	<p>13 Macaroni & Beef Spinach California Vegetables Strawberry Applesauce Wh. Grain Bread</p>
<p>16 Baked Chicken Yellow Rice w/ Tomatoes Green Beans Wh. Grain Bread Orange-Pineapple Juice</p>	<p>17 Meatballs & Penne Pasta in Marinara Broccoli Italian Vegetables Wh. Grain Bread Pineapple Cup</p>	<p>18 Krab Salad Creamy Broccoli Salad Tossed Salad Italian Dressing Fresh Fruit Wh. Grain Bread</p>	<p>19 NY Strip Patty w/ Picadillo Sauce Green Peas Sweet Potatoes Wh. Grain Bread Orange-Pineapple Juice</p>	<p>20 Chicken Parmesan Rosemary Potatoes Cheesy Spinach Wh. Grain Bread Grape Juice</p>
<p>23 Meatloaf w/ Apple Brown Gravy Potatoes Stewed Tomatoes Wh. Grain Bread Pear Cup</p>	<p>24 Oven Baked Chicken Southern Rice Spinach Wh. Grain Bread Grape Juice</p>	<p>25 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce</p>	<p>26 Battered Fish Nuggets Garlic Mashed Potatoes Carrots Wh. Grain Bread Orange Juice</p>	<p>27 Mixed Green Salad w/ Diced Chicken and Cheese Ranch Dressing Fresh Fruit Wh. Grain Bread Blended Juice</p>
<p>30 Chicken Breast Patty over Rice Black Beans & Tomatoes Mixed Vegetables Wh. Grain Bread Grape Juice</p>				<p>Low Fat Milk Available With Each Meal</p>

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change

Dana Gardner 8/9/19