

September 2021

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef w/ Mushroom Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit	2 Fiesta Chicken Yellow Rice Collard Greens Dinner Roll Fresh Fruit	3 BBQ Pork Veg Baked Beans Coleslaw Hamburger Bun Peach Cobbler
6 Closed 	7 Chicken Broccoli Rice Casserole Green Beans Whole Kernel Corn Wheat Bread Fruit Cup	8 Baked Meatballs Brown Gravy/Mushrooms Mixed Beans Broccoli & Carrots Dinner Roll Fresh Fruit	9 Tuna Mac Salad Coleslaw Green Pea Salad Saltine Crackers Fresh Fruit	10 BBQ Chicken Thigh Black-eyed Peas Turnip Greens Cornbread Fresh Fruit
13 Turkey Ham with White Beans Spring Vegetables Broccoli Dinner Roll Fruit Cup	14 Cheese Omelet Grits Spinach Biscuit Fresh Fruit	15 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/ Cheese Tortilla Fresh Fruit	16 Oven Fried Chicken Parslied Whipped Potatoes Collard Greens Cornbread	17 Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler
20 Meatballs w/ Spaghetti Sauce Spaghetti Noodles Peas & Carrots Wheat Bread Fruit Cup	21 Orange Glazed Chicken Delmonico Potatoes Okra & Tomatoes Dinner Roll Fruit Cup	22 Lemon Pepper Fish Grits Country Vegetables Dinner Roll Fresh Fruit	23 Chicken Salad Garbanzo Bean Salad Lettuce/Sliced Tomato Pita Bread Fresh Fruit	24 Beef Fiesta Pinto Beans Summer Vegetables Wheat Bread
27 Mozzarella Chicken Penne/Tomatoes Brussels Sprouts Dinner Roll Fruit Cup	28 Pork Sausage Northern Beans California Vegetables Hot Dog Bun Fruit Cup	29 Beef w/ Mushroom Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit	30 Fiesta Chicken Yellow Rice Collard Greens Dinner Roll Fresh Fruit	Low Fat Milk Available With Each Meal

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