



Let's Do Lunch!

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
29 Bratwurst w/ Sauerkraut in Bun Ranch Beans Baby Carrots Orange 1% Milk	30 Shredded Chicken Tacos Spanish Rice Cauliflower w/ Red Peppers Chocolate Chip Cookie 1% Milk	31 Egg Salad Sandwich Pasta Salad w/ Tomatoes Caesar Salad w/ Low Fat Dressing Melon 1% Milk	1 Meatloaf Scalloped Potatoes Mixed Vegetables (Corn, Carrots, Green Beans & Peas) Dinner Roll w/ Margarine Yogurt 1% Milk	2 Loaded Baked Potato Oriental Vegetables (Green Beans, Mushrooms, Red Peppers) Biscuit with Margarine Apple Crisp 1% Milk
5 <p style="text-align: center;">CLOSED Labor Day</p>	6 Red Chile Cheeseburger Au Gratin Potatoes Brussel Sprouts Cherry Cobbler 1% Milk	7 Chicken Tenders w/ Honey Mustard Baked Beans Squash Medley Dinner Roll w/ Margarine Pear 1% Milk	8 Sweet & Sour Pork Steamed Rice Stir-Fry Vegetables Wheat Roll w/ Margarine Pineapple 1% Milk	9 Salmon w/ Teriyaki Sauce Buttered Egg Noodles w/ Parsley Stewed Tomatoes Wheat Bread w/ Margarine Sliced Strawberries 1% Milk
12 Pork Chop w/ Apple Sauce Baked Potato w/ Sour Cream and Margarine Broccoli Crescent Roll w/ Margarine Mandarin Oranges 1% Milk	13 Philly Cheesesteak Steak Fries w/ Ketchup Green Beans w/ Mushrooms Chocolate Chip Cookie 1% Milk	14 Chopped Salad w/ Turkey & Low Fat Dressing Cold Orzo w/ Mixed Vegetables Low Sodium Crackers Yogurt 1% Milk	15 Chicken Parmesan Buttered Noodles Italian Vegetables Bread Stick w/ Margarine Apricots 1% Milk	16 Red Chile Cheese Enchiladas Spanish Rice California Blend Vegetables Watermelon 1% Milk
19 Chili Cheese Dog Red Rosemary Potatoes Cauliflower Oatmeal Cookie 1% Milk	20 Spinach Omelet Hash Browns Calabacitas Wheat Bread w/ Margarine Honey Dew 1% Milk	21 Strawberry Salad 3 Bean Salad Low Sodium Crackers Cottage Cheese w/ Peaches 1% Milk	22 Turkey and Swiss Sandwich Potato Salad Carrot & Raisin Salad Orange 1% Milk	23 Green Chile Chicken Alfredo Green Beans w/ Mushrooms Stewed Tomatoes Crescent Roll w/ Margarine Cherry Cheesecake 1% Milk
26 Catfish w/ Tartar Sauce Rice Pilaf Okra Wheat Roll w/ Margarine Applesauce 1% Milk	27 Cheesy Taco Pasta Mixed Vegetables Cornbread w/ Margarine Jell-O w/ Pineapple 1% Milk	28 Orange Chicken Lo-Mein Noodles w/ Green Beans, Onions, Red Peppers Peas Dinner Roll w/ Margarine Fortune Cookie 1% Milk	29 Stuffed Potato Carrot Coins Biscuit w/ Margarine Grapes 1% Milk	30 BBQ Brisket Ranch Beans Scandinavian Blend Dinner Roll w/ Margarine Banana 1% Milk

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread; only upon request.