



SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY</p>	<p>3</p> <ul style="list-style-type: none"> • Chicken & Sausage Jambayla • Peas & Carrots • Biscuit • Apple • 1% milk 	<p>4</p> <ul style="list-style-type: none"> • Blackened Tilapia • Red Potatoes w/onions • Mixed Vegetables • Whole Wheat Roll • Sliced Peaches • 1% milk 	<p>5</p> <ul style="list-style-type: none"> • Baked Ziti w/ Vegetables • Cornbread • Mixed Vegetables • Cottage Cheese w/pears • 1% milk 	<p>6</p> <ul style="list-style-type: none"> • Sliced Turkey w/ Gravy • Baby Carrots • Mashed Potatoes • Watermelon • 1% milk
<p>9</p> <ul style="list-style-type: none"> • Baked Salmon • Au Gratin Potatoes • Steamed Broccoli • Pineapple • 1% milk 	<p>10</p> <ul style="list-style-type: none"> • Red Beef Enchiladas • Pinto Beans • Spinach w/ onions • Tortilla • Cantaloupe • 1% milk 	<p>11</p> <ul style="list-style-type: none"> • Baked Mac & Cheese w/ broccoli • Succotash • Biscuit • Apple Cobbler • 1% milk 	<p>12</p> <ul style="list-style-type: none"> • Roasted Turkey w/ Green Chili • Tortilla • Green Beans • White Rice • Vanilla Pudding • 1% milk 	<p>13</p> <ul style="list-style-type: none"> • Baked Chicken w/ Olives & Tomatoes • Corn • Yams • Dinner Roll • Grapes • 1% milk
<p>16</p> <ul style="list-style-type: none"> • Philly Cheesesteak • Baked Beans • Broccoli • Peach Crumble • 1% Milk 	<p>17</p> <ul style="list-style-type: none"> • Omelet w/ Mushrooms & Spinach • Hash Browns • Stewed Tomatoes w/ onions • Whole wheat Bread • Banana • 1% milk 	<p>18</p> <ul style="list-style-type: none"> • Shredded Chicken Tacos • Spanish Rice • Cauliflower w/ Red Peppers • Chocolate Chip Cookie • 1% milk 	<p>19</p> <ul style="list-style-type: none"> • Beef Tips & Brown Gravy • Bowtie Pasta • Peas & Carrots • Dinner Roll • Apple • 1% milk 	<p>20</p> <ul style="list-style-type: none"> • Green Chili Pork Stew • Rosemary Potatoes • Calabacitas • Tortilla • Honeydew • 1% milk
<p>23</p> <ul style="list-style-type: none"> • Salisbury Steak w/ mushrooms • Rice pilaf • Carrots • Yogurt • 1% milk 	<p>24</p> <ul style="list-style-type: none"> • Chili Cheese Dog • Steak Fries • Cauliflower • Oatmeal Cookie • 1% milk 	<p>25</p> <ul style="list-style-type: none"> • Biscuit Turkey Pot Pie • Diced Beets • Orzo Pasta • Orange • 1% milk 	<p>26</p> <ul style="list-style-type: none"> • Teriyaki Beef w/ Broccoli & Onions • White Rice • Mixed Vegetables • Pineapple Chunks • 1% milk 	<p>27</p> <ul style="list-style-type: none"> • Salmon w/ Lemon & Olive Oil • Spaghetti Alfredo w/ Tomatoes • Brussel Sprouts • Pear • 1% milk