September

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| The Nutrition) Group |  |  | *menu subject to change | $\quad$ Picnic Lunch    1-Sep <br> Italian Sandwich     <br> Lettuce \& Tomato     <br> Coleslaw     <br> Pasta Salad     <br> Fresh Fruit     <br> Lemonade     |
| Happy Labor Day! |  September 5 <br> $1 / 2 c$ Sloppy Joe  <br> $1 / 2 c$ Ranch Roasted Potatoes  <br> $1 / 2 c$ Green Beans  <br> 1 Hamburger Bun  <br> Seasonal Fresh Fruit  |  September 6 <br> Turkey Chef Salad  <br> (2oz Turkey, $10 z$ Cheddar, over  <br> 1 c Mixed Greens w/ Tomato)  <br> $1 / 2 c$ Three Bean Salad  <br> 1 Dinner Roll  <br> $1 / 2 c$ Gelatin  | $\quad$ Picnic Lunch <br> Chicken Salad w/ Lettuce \&Tomato <br> Macaroni Salad <br> Pickled Beets <br> Seasonal Fresh Fruit <br> Fresh Fruit <br> Cookie \& Iced tea |  8-Sep <br> $1 / 2 c$ Chicken \& Biscuits  <br> $1 / 2 c$ Mixed Vegetables  <br> 2 Mini Biscuits  <br> $1 / 2 c$ Peaches  |
| September 11 <br> 1/2c Warm Roast Beef Sandwich W/Mozz. <br> 1/2c. Roasted Parmesan Redskins <br> 1/2c. Carrots <br> 1 Sandwich Roll <br> Fresh Banana | September 12 <br> 1/2c Tuna Salad Sandwich <br> w/lettuce \& tomato <br> 1/2c Coleslaw <br> 2 White Bread <br> Fresh Orange |  September 13 <br> Orange Glazed Chicken Breast  <br> $1 / 2 c$ Buttered Pasta  <br> $1 / 2 c$ California Blend  <br> 1 Wheat Bread  <br> $1 / 2 c$ Pineapple Tidbits  | $\quad$ Picnic Lunch <br> Tuna Salad on a Wheat Roll <br> Fruit Juice <br> Cucumber Salad <br> Cookie <br> Lemonade | September 15 <br> Chicken Parmesan <br> w/ 1oz Shredded Cheese <br> 1/2c Rotini w/ Sauce <br> 1c Tossed Salad w/ Tomato <br> 1 Italian Bread <br> 1/2c Mixed Fruit |
|  September 18 <br> Swiss Steak  <br> $w / 2 o z$ Onion Gravy  <br> $1 / 2 c$ Parsley Potatoes  <br> $1 / 2 c$ Diced Carrots  <br> 1 Wheat Bread  <br> $1 / 2 c$ Blushed Pears  | September 19 <br> 1/2c Open Faced Turkey Sandwich <br> w/ Gravy <br> 1/2c Whipped Potatoes w/ Chives <br> 1/2c Sweet Corn <br> 1 White Bread <br> 1 Cookie | 3 oz Chicken, Spinach \& Cranberry Salad <br> w/ Dressing <br> 1c. Mixed Greens \& Spinach <br> 1/2c. Pickled Diced Beets <br> 1 Breadstick <br> 1/2c Peaches |   <br> Cheeseburger September 21 <br> w/ Lettuce, Tomato  <br> $1 / 2 \mathrm{CP}$ Potato Salad  <br> 1 Hamburger Roll  <br> Seasonal Fresh Fruit  <br>   | $\quad$ Picnic Lunch    September 22 <br> Sliced Turkey on Wheat Bread     <br> Lettuce \& Tomato     <br> Potato Salad     <br> Fresh Fruit     <br> Brownie     <br> Lemonade     |
|  September 25 <br> Burgundy Glazed Meatballs (4)  <br> $1 / 2 c$ Rice  <br> $1 / 2 c$ Green Beans  <br> 1 Wheat Bread  <br> $1 / 2 c$ Mandarin Oranges  <br>   | September 26 <br> 1/2c Seafood Salad <br> Over 1c. Mixed Greens w/ <br> Tomato \& Hardboiled Egg <br> 1/2c Fresh Broccoli Salad <br> 1 Dinner Roll <br> 1/2c. Pineapple | Picnic Lunch Italian Sandwich Lettuce \& Tomato Coleslaw Pasta Salad Fresh Fruit Lemonade | $\quad$ Peptember 28  <br> Sicnic Lunch  <br> Sweet Bologna \& American Cheese  <br> Lettuce \& Tomato  <br> Coleslaw  <br> Fresh Fruit  <br> Cookie  <br> lied Tea  | Cheddar Cheese Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty $1 / 29$ 1 English Muffin $\mathbf{w} /$ Jelly $40 z$ Apple Juice |

