

SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Bourguignon Green Beans & Red Bell Pepper WG Pasta Peaches 	2 Sloppy Joe (beef) Broccoli Pinto Beans WW Burger Bun Pineapple	3 Rosemary-Garlic Chicken Peas & Carrots Quinoa & Rice Orange 	4 Chickpea & Vegetable Curry Stewed Tomatoes Spinach WW Bread Mandarin 
★ WE WILL BE ★ CLOSED FOR LABOR DAY	7 Chili Mac (beef) Cabbage Black Beans WG Pasta Apple 	8 Ham & Cheese Sandwich Broccoli Normandy WW Bread Pineapple	9 Cornmeal-Crusted Fish Sweet Potato Quinoa & Rice Orange 	10 Turkey Meatloaf Broccoli Herb Potato Cranberry Gravy WW Bread Peaches
14 Herb-Rubbed Pork Chop Green Beans & Red Bell Pepper Rice Pineapple	15 Swedish Meatballs (beef & chicken) Cauliflower & Carrots Herb Potatoes WW Bread Orange 	16 Lasagna (beef & pork) Bell Pepper & Onion Italian Rice Breadstick Watermelon 	17 Coconut Chicken Curry Chickpeas Cabbage WW Bread Apple 	18 Turkey a la King Broccoli & Carrots Pasta Orange
21 Beef Casserole Spinach & red bell pepper WG Pasta Apple	22 Hamburger Coleslaw Potato Salad WW Burger Bun Pineapple 	23 Pulled Pork Sandwich Carrots Pinto Beans & Red Bell Pepper WW Sub Roll Mandarin	24 Three-Bean Chili Cabbage Corn WG Cornbread Watermelon  	25 Chicken Cordon Bleu Broccoli & Carrots Rice Orange
28 Rotisserie-Style Chicken Green Beans Corn w/ Red Bell Pepper WW Bread Pineapple	29 Beef Tips & Gravy (beef) Cauliflower & Carrots Pasta Mandarin 	30 Turkey Meatball Marinara Sub Stewed Tomatoes Spinach Pinto Beans WW Sub Roll Orange		

WW = Whole Wheat
WG = Whole Grain



Alternative meal choice: Soup and Salad Bar



Musical Entertainment



Vegetarian



Meal contains 1,000+ mg of sodium



1% milk is served daily