

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Nutrition Facts</p> <p>Average Per Meal % Daily Value*</p> <p>Calories 600</p> <p>Total Fat 17g 27%</p> <p>Cholesterol 90mg 30%</p> <p>Sodium 670mg 28%</p> <p>Total Carbohydrate 89g 30%</p> <p>Dietary Fiber 8gm 33%</p> <p>Protein 40g</p> <p><i>*Percent Daily Values are based on a 2,000 calorie diet.</i></p>		
<p>3</p> <p>CLOSED</p> 	<p>4</p> <p>Salisbury Steak with Gravy Mashed Potatoes Peas & Onions Whole Wheat Bread <i>Apricots</i></p>	<p>5</p> <p>Oven Brown Fish Macaroni & Cheese Mixed Vegetables Whole Wheat Bread <i>Fresh Fruit</i></p>	<p>6</p> <p>Western Quiche Home Fries Spinach Blueberry Muffin Vanilla Pudding w/ <i>Fruit*</i></p>	<p>7</p> <p>Chicken ala King Sliced Carrots w/Dill Biscuit Fruit Juice <i>Sliced Pears</i></p>
<p>10</p> <p>Rib B Que Sweet Potatoes Succotash Whole Wheat Bread <i>Fruit Cocktail</i></p>	<p>11</p> <p>Sweet & Sour Meat- balls Fluffy Rice Peas & Carrots Whole Wheat Bread <i>Sliced Peaches</i></p>	<p>12</p> <p>Happy Birthday Pork Chopette w/Gravy Mashed Potatoes Red Cabbage Dinner Roll Rainbow Cake <i>w/Frosting*</i></p>	<p>13</p> <p>Lasagna Roll up w/ Meat Italian Green Beans Green Salad Italian Bread Lemon Pudding w/ Topping*</p>	<p>14</p> <p>COLD PLATE Sliced Turkey & Cheese Sandwich Carrot Raisin Salad 3 Bean & Broccoli Salad Rye Bread <i>Oatmeal Cookie*</i></p>
<p>17</p> <p>Beef Patty w/Fiesta Sauce Black Beans & Rice Corn Corn Bread <i>Mandarin Orange Cup</i></p>	<p>18</p> <p>Oven Brown Chicken Sweet Potatoes Peas Whole Wheat Bread <i>Assorted Pudding w/ Topping*</i></p>	<p>19</p> <p>Spaghetti & Meatballs Wax Beans Tossed Salad Italian Bread <i>Fruit Jell-O w/ Topping*</i></p>	<p>20</p> <p>Hawaiian Pork Confetti Rice Seasoned Greens Rye Bread Pineapple Tidbits</p>	<p>21</p> <p>Meatloaf w/Onion Gravy Mashed Potatoes Sunshine Carrots Whole Wheat Bread <i>Chocolate Pudding W/ Topping*</i></p>
<p>24</p> <p>Oven Baked Chicken w/Supreme Sauce Rice Pilaf Broccoli Rye Bread <i>Cranberry/Apple Cup</i></p>	<p>25</p> <p>Ground Beef Stroganoff over Noodles Brussel Sprouts Whole Wheat Bread <i>Chocolate Chip Cookie*</i></p>	<p>26</p> <p>Bratwurst w/Cabbage & Carrots Cowboy Beans Fruit Juice Whole Wheat Bread <i>Banana Pudding w/ Topping*</i></p>	<p>27</p> <p>Sliced Turkey w/Gravy Mashed Potatoes Butternut Squash Whole Wheat Bread <i>Cinnamon Streusel Cake*</i></p>	<p>28</p> <p>New England Clam Chowder Fish Nuggets Cole Slaw Crackers <i>Fruit Cup w/Strawberries</i></p>