






# September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
		<p><b>Nutrition Facts</b>  <b>Average Per Meal</b>      <b>% Daily Value*</b>            Calories 610            Total Fat 17g                      26%            Cholesterol 85mg                      08%            Sodium 990mg                      41%            Total Carbohydrate 71g                      24%            Dietary Fiber 7gm                      27%            Protein 43g            *Percent Daily Values are based on a 2,000 calorie diet.</p>			
2 <b>CLOSED</b>  	3 Chicken Supreme Mashed Potatoes Broccoli Wheat Bread <i>Apricots Pudding*</i>	4 Spanish Rice Peas & Onions Italian Bread <i>Cookie*</i>	5 Broccoli Cheese Quiche Home Fries Juice Biscuit <i>Warm Apples &amp; Raisins</i>	6 Mushroom Stew over Noodles Sliced Carrots White Bread <i>Peaches</i>	
9 Macaroni & Cheese Stewed Tomatoes Fruit Juice Whole Wheat Bread <i>Apricots</i>	10 Ground Beef Stroganoff Seasoned Noodles Peas & Onions Whole Wheat Bread <i>Cookie*</i>	11 Baked Chicken w/Gravy Stuffing Broccoli Dinner Roll <i>Chocolate Mousse*</i>	12 Sliced Roast Pork w/ Sweet & Sour Sauce Brown Rice Buttered Corn Rye Bread <i>Fresh Fruit Cup</i>	13 Oven Baked Fish Cheesy Mashed Potatoes Sliced Carrots Dinner Roll <i>Fruited Jell-O            w/Topping*</i>	
16 Oriental Chicken Brown Rice Oriental Vegetables Whole Wheat Bread <i>Mandarin Oranges</i>	17 Salisbury Steak W/Gravy Mashed Potatoes Harvard Beets White Bread <i>Cinnamon Pears</i>	18 Sliced Turkey on a bed of greens Macaroni Salad 3-Bean Salad Whole Wheat Bread <i>Watermelon</i>	19 Kielbasa Hot German Potato Salad Steamed Cabbage Hot Dog Roll <i>Banana Pudding*</i>	20 Spaghetti & Meatballs Cut Green Beans Tossed Salad w/Dressing Italian Bread <i>Fruit Cocktail</i>	
23 Fish Sandwich w/Cheese Tater Tots Zucchini & Tomato Hamburger Bun <i>Lemon Pudding w/Topping*</i>	24 Italian Sausage w/Peppers & Onions Oven Brown Parmesan Potatoes Italian Green Beans Hot Dog Bun <i>Peaches</i>	25 <b>Happy Birthday</b> John's Homemade Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables White Bread <i>Birthday Cake*</i>	26 BBQ Chicken Thigh Red Bliss Potatoes Cole Slaw Corn Muffin <i>Chocolate Pudding*</i>	27 Beef & Barley Soup Tortellini Salad w/Broccoli Fruit Juice Breadstick <i>Warm Fruit Crisp</i>	
27 Swedish Meatballs Buttered Noodles Dill Carrots Whole Wheat Bread <i>Strawberry Shortcake w/            Topping*</i>					