



# SEPTEMBER | 2017

## Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>			<p><b>1</b> Hamburger on a Bun Red Roasted Potatoes Broccoli Pears 6</p>
<p><b>4</b> <b>CLOSED</b></p>	<p><b>5</b> Pork Chop with Gravy Mashed Potatoes Corn Peaches Bread 5</p>	<p><b>6</b> Bourbon Chicken Rice Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p><b>7</b> Sweet &amp; Sour Meatballs Rice Wax Beans Spinach Ambrosia Roll 7</p>	<p><b>8</b> BBQ Chicken Wings Baby Potatoes with Sour Cream Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>
<p><b>11</b> Sliced Ham Sweet Potatoes Peas Pineapple Bread 7</p>	<p><b>12</b> Cabbage Roll Au gratin Potatoes Peas &amp; Carrots Applesauce Sweet Bread 6</p>	<p><b>13</b> Chicken Diane Rice Asparagus Beets Fresh Pear 5</p>	<p><b>14</b> Chicken Salad Croissant Coleslaw Mandarin Oranges 6</p>	<p><b>15</b> Quiche Red Roasted Potatoes Succotash Apricots 6</p>
<p><b>18</b> Roast Beef &amp; Gravy Mashed Potatoes California Blend Green Beans Fruited Yogurt Roll 6</p>	<p><b>19</b> Pork Chop Suey Rice Corn Squash Ambrosia Bread 6</p>	<p><b>20</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p><b>21</b> Pork BBQ on a Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p><b>22</b> Garlic Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>
<p><b>25</b> Sloppy Joe on a Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p><b>26</b> Scalloped Potatoes with Diced Ham Mixed Veggies Fruit Cobbler Fresh Watermelon 7</p>	<p><b>27</b> Spaghetti &amp; Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p><b>28</b> Swedish Meatballs Noodles Spinach Pineapple Cake 7</p>	<p><b>29</b> Oven Fried Fish Baby Potatoes with Sour Cream Coleslaw Spiced Apples 6</p>

### MENU

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

### Special Events

September 4:  
Closed for Labor Day

September 28:  
Birthday Celebration



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