


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>SEPTEMBER 1 3 oz. Meatballs w/Tomato Gravy ½ c. Potatoes Au Graten ½ c. Broccoli ☐Frozen Alternative: 3 oz. Oven Baked Breaded Fish Filet ½ c. Mixed Garden Vegetables ½ c. Cheesy Mashed Potatoes</p>	<p>SEPTEMBER 2 3 oz. Oven Fried Chicken Leg Quarter ½ c. Mashed Potatoes ½ c. Mixed Vegetables Fresh Fruit in Season ☐Frozen Alternative: 3 oz Oven Broiled Beef Patty in Brown Gravy & Tomato Bits ½ c. Whipped Potatoes ½ c. Italian Flat Beans</p>	<p>SEPTEMBER 3 8 oz. Three Bean Beef Chili ½ c. White Rice ½ c. Whole Kernel Corn ☐Frozen Alternative: 3 oz. Country Style Roast Chicken Breast Fritter ½ c. Skin-On Diced Potatoes ½ c. Summer Vegetable Medley</p>	<p>SEPTEMBER 4 3 oz. Smoked Sausage ½ c. Potatoes O'Brien ½ c. Cabbage and Carrots 1 Sugar Cookie ☐Frozen Alternative: 8 Oz. Manicotti Alfredo w/ Primavera Vegetables ½ c. Green Peas ½ c. Carrots</p>
<p>SEPTEMBER 7</p> <p>LABOR DAY SITES CLOSED</p>	<p>SEPTEMBER 8 3 oz. BBQ Pork Riblet ½ c. Lyonnaise Potatoes ½ c. Green Peas ☐Frozen Alternative: 3 oz. Crispy Chicken Breast Patty ½ c. Broccoli Cuts ½ c. Skin-on Potato Chunks</p>	<p>SEPTEMBER 9 3 oz. Oven Baked Fish Filet ½ c. Cheesy Grits ½ c. Tomatoes & Okra ½ c. Mixed Fruit Cup ☐Frozen Alternative: 3 oz. Swiss Steak w/Mushroom Tomato Gravy ½ c. Garlic Mashed Potatoes ½ c. Summer Veg. Medley</p>	<p>SEPTEMBER 10 6 oz. Vegetable Soup 3 oz. Grilled Breast Patty w/Chicken Gravy ½ c. Mashed Potatoes ½ c. Broccoli Cuts ☐Frozen Alternative: 3 oz. Pork Cutlet w/Brown Gravy ½ c. Whipped Potatoes ½ c. Garden Peas & Carrots</p>	<p>SEPTEMBER 11 3 oz. Meatballs w/Brown Gravy ½ c. Rice Pilaf ½ c. Mixed Vegetables Fresh Fruit in Season ☐Frozen Alternative: 3 oz. Chicken Parmesan in Italian Tomato Sauce ½ c. Mashed Potatoes ½ c. Broccoli & Carrot Medley</p>
<p>SEPTEMBER 14 3 oz Baked Meatloaf w/Mushroom Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts ☐Frozen Alternative: 3 oz. Sliced Turkey Breast w/Cornbread Dressing ½ c. Whipped Sweet Potatoes ½ c. Green Peas w/Onions</p>	<p>SEPTEMBER 15 4 oz. Chicken Florentine ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables ½ c. Tossed Salad w/Italian Dressing ☐Frozen Alternative: 3 oz. Baked Ham in Pineapple Raisin Sauce ½ c. Sweet Potato Souffle ½ c. Corn Relish</p>	<p>SEPTEMBER 16 3 oz. Sweet & Sour Pork ½ c. Wild Rice Medley ½ c. Oriental Blend Vegetables ½ c. Peach Cup ☐Frozen Alternative: 8 oz. Beef Stew w/Potatoes, Carrots in Gravy ½ c. Chopped Broccoli ½ c. Baked Apple Chunks w/Raisins</p>	<p>SEPTEMBER 17 8 oz. Beef & Macaroni ½ c. Green Beans ½ c. Carrot Cuts ☐Frozen Alternative: 3 oz. Grilled BBQ Chicken Breast ½ c. Au Graten Potatoes ½ c. Green Peas & Corn</p>	<p>SEPTEMBER 18 3 oz. BBQ. Chicken Breast Patty ½ c. Mashed Potatoes ½ c. Broccoli ☐Frozen Alternative: 3 oz. Salisbury Steak w/Brown Gravy ½ c. Seasoned Carrots ½ c. Broccoli</p>
<p>SEPTEMBER 21 3 oz. Sliced Turkey Breast w/ Turkey Gravy ½ c. Whipped Sweet Potatoes ½ c. Garden Peas ☐Frozen Alternative: 3 oz. Sliced Roast Beef in Mushroom Gravy ½ c. Potato Chunks Au Graten ½ c. Green Peas with Red Peppers</p>	<p>SEPTEMBER 22 8 oz. Beef Stew ½ c. Parsley White Rice ½ c. Limas Beans ½ c. Peaches ☐Frozen Alternative: 3 oz. Pork Chop w/Sweet & Sour Cabbage ½ c. Potato Chunks ½ c. Carrot Cuts</p>	<p>SEPTEMBER 23 6 oz. Minestrone Soup 3 oz Grilled Chicken Breast Coq au Vin ½ c. Herb Mashed Potatoes ½ c. Harvard Beets ☐Frozen Alternative: 3 oz BBQ Meatballs ½ c. Green Peas ½ c. Whole Kernel Corn</p>	<p>SEPTEMBER 24 4 oz. Beef Tips in Sauce ½ c. Noodles w/Mushroom Gravy ½ c. Garden Peas Fresh Fruit in Season ☐Frozen Alternative: 3 oz. Batter Dipped Fish Nuggets ½ c. Green Beans w/Red Peppers ½ c. Carrot Cuts</p>	<p>SEPTEMBER 25 3 oz. Frankfurter ½ c. Baked Beans ½ c. Mixed Vegetables ☐Frozen Alternative: 3 oz. Broiled Chicken Breast Patty ½ c. Stewed Tomatoes ½ c. Broccoli Cuts</p>

<p>SEPTEMBER 28 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Black Eye Peas ½ c. Country Veg. Medley ½ c. Peaches ☐ Frozen Alternative: 3 oz. Meatloaf w/Gravy ½ c. Green Beans ½ c. Stewed Tomatoes</p>	<p>SEPTEMBER 29 3 oz. Meatballs w/Tomato Gravy ½ c. Potatoes Au Graten ½ c. Broccoli ☐ Frozen Alternative: 3 oz. Oven Baked Breaded Fish Filet ½ c. Mixed Garden Veg. ½ c. Cheesy Mashed Potatoes</p>	<p>SEPTEMBER 30 3 oz Oven Fried Chicken Leg Quarter ½ c. Mashed Potatoes ½ c. Mixed Vegetables Fresh Fruit in Season ☐ Frozen Alternative: 3 oz. Oven Broiled Beef Patty in Brown Gravy & Tomato Bits ½ c. Whipped Potatoes ½ c. Italian Flat Beans</p>		
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