







September 2021

		1 - Wednesday Hamburger Steak Broccoli Mashed Potatoes Whole Wheat Bread Applesauce	2 - Thursday Creole Pork Chop Brown Rice Mixed Vegetables Pineapple 	3 - Friday Brisket Capri Vegetables Waldorf Salad Whole Wheat Roll Pecan Pie
		6 - Monday 	7 - Tuesday Diced Chicken w/ Mushroom Gravy Mashed Potatoes Broccoli w/ Cheese Whole Wheat Roll Peaches & Strawberries	8 - Wednesday Baked Cod w/ Tartar Sauce Coleslaw Green Beans Cornbread Pineapple
13 - Monday Spaghetti w/ Meat Sauce Broccoli and Cauliflower w/ Cheese Sauce Garlic Bread Peaches	14 - Tuesday Pork Stir Fry Stir Fry Vegetables Rice Whole Wheat Roll Mandarin Oranges	15 - Wednesday Green Chile Cheeseburger Lettuce, Tomato, Onion Pork & Beans Tropical Fruit 	16 - Thursday Roast Beef Baked Potato California Vegetables Whole Wheat Roll Cherry Cobbler	17 - Friday Chicken Strips w/ Gravy Mashed Potatoes Carrots Peaches 
20 - Monday Green Chile Beef Enchilada Lettuce & Tomato Pinto Beans Spanish Rice Sherbert	21 - Tuesday BBQ Brisket Bun Coleslaw Baked Beans Watermelon	22 - Wednesday Pepper Steak Roasted Potatoes w/ Gravy Brussel Sprouts Whole Wheat Bread Applesauce	23 - Thursday Tamale Green Salad w/ Dressing Pinto Beans Crackers Fruit Cup	24 - Friday Soft Beef Tacos Pinto Beans Spanish Rice Plums 
27 - Monday Country Fried Steak Mashed Potatoes & Gravy Mixed Vegetables Whole Wheat Bread Strawberries & Vanilla Wafers	28 - Tuesday Chicken Fajita Tortilla Pinto Beans Oatmeal Cookie Peaches	29 - Wednesday Beef Burgundy Egg Noodles Peas & Carrots Whole Wheat Roll Spiced Apples	30 - Thursday Orange Chicken Wild Rice Green Beans Whole Wheat Bread Apricots	1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change

Lunch Served from 11:00am-12:30pm

Grab & Go 11am-12:30pm

Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.