




September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	 Men Jill Riffle MS, RDN, LD			1 Hamburger -3 oz. Oven Baked Potatoes-½ cup Baked Beans-½ cup Multigrain Bun-2 oz. Sliced Peaches-½ cup Milk-8 oz.
4 LABOR DAY HOLIDAY	5 Turkey Slices -3oz. Mashed Potatoes-½ cup Italian Vegetables-½ cup Wheat Bread-1 slice Mixed Fruit-½ cup Milk-8 oz.	6 Pork Riblets w BBQ -3 oz. Potatoes Au Gratin-½ cup California Mix Veggies-½ cup Whole Grain Bread-2 Slices Grapes-½ cup Milk-8 oz.	7 Meatloaf w/Gravy -3 oz. Cinnamon Squash-½ cup Peas-½ cup Corn Muffin-2 oz. Orange Wedges-½ cup Milk-8 oz.	8 Sloppy Joe -3 oz. Roasted Red Skins-½ cup Cole Slaw-½ cup Wheat Bun-2 oz. Fruit Cup-½ cup Milk-8 oz.
11 Swedish Meatballs -4 oz Fried rice-½ cup Capri Blend-¾ cup Whole Grain Wheat-1 Slice Banana Milk-8 oz.	12 Salisbury Steak -3 oz. Cheesy Potatoes-½ cup Green Beans-½ cup French Dinner Roll-2 oz. Mandarin Oranges-½ cup Milk-8 oz.	13 Stuffed Pepper -3 oz. beef Parsely Potatoes-½ cup Baby Carrots-½ cup Wheat Bread-2 slices Pineapple Tidbits-½ cup Milk-8 oz.	14 Roast Turkey -3 oz. Mashed Potatoes/Gravy-½ cup Broccoli-½ cup Dinner Roll-2 oz. Fruit Cup-½ cup Milk-8 oz.	15 Lasagna w/ meat -6 oz. Vegetable Blend-½ cup French Beans-½ cup Garlic Toast-2 oz. Sliced Pears-½ cup Milk-8 oz.
18 Sweet & Sour Chicken -4 oz. Fried Rice-½ cup Oriental Blend-¾ cup Wheat Bread-1 slice Fresh Fruit-¾ cup Milk-8 oz.	19 Macaroni & Cheese -1 cup Broccoli-½ cup Carrot Coins-½ cup Muffin-2 oz. Grapes-½ cup Milk-8 oz.	20 Beef Stew -8 oz. w/ Vegetables/Potatoes-½ cup Sweet Corn-½ cup Biscuits-2 - 2½" ea. Escalloped Apples-½ cup Milk-8 oz.	21 Oven Baked Chicken -3 oz. Mashed Potato-1/2 cup Mixed Greens/Dressing-1 cup Dinner Roll-2 oz. Peaches-½ cup Milk-8 oz.	22 Meatball Sub w/ 3 oz. meat Red Skin Potatoes-½ cup Three Bean Salad-½ cup Sub Bun-2 oz. Mixed Fruit-½ cup Milk-8 oz.
25 Grilled Chicken Parmesan -6 oz Roasted Potatoes-½ cup Cucumber Salad-½ cup Whole Wheat Bread-1 slice Pear Slices-½ cup Milk-8 oz.	26 Sloppy Joe -3 oz. Carrots & Peas-½ cup Spiced Beets-½ cup Hamburger bun-1 bun. Tropical Fruit Mix-½ cup Milk-8 oz.	27 Cabbage Roll -3 oz. beef Potato Wedges-½ cup Mixed Vegetables-½ cup Dinner Roll-2 oz. Fresh Fruit Cup-½ cup Milk-8 oz.	28 Rigatoni w/Meat -8 oz. Garden Salad/Dressing-1 cup Green Beans-½ cup Garlic Breadstick-2 oz. Cinnamon Applesauce-½ cup Milk-8 oz.	29 Pepper Steak -3 oz. Scalloped Potatoes-½ cup Cole Slaw-½ cup Wheat Bread-2 slices Pineapple Chunks-½ cup Milk-8 oz.