



# SEPTEMBER 2023



Mon	Tue	Wed	Thu	Fri
<p>All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals.</p> <p><b><u>The Nutrition Program reserves the right to change menus.</u></b></p>				
<p>4 <b>CENTER'S CLOSED LABOR DAY</b></p>	<p>5 <b>Meat Ball Subs with</b> Mozzarella Cheese, Green Beans, Corn, Fruit Cocktail, 2% Milk</p>	<p>6 <b>Scrambled Eggs, Hash</b> Brown, Sausage Patty, Gravy, Biscuit, Applesauce, Oranges 2% Milk</p>	<p>7 <b>Pork BBQ Sandwich,</b> Cole Slaw, Carrots, Oranges, Pudding, 2% Milk</p>	<p>1 <b>Vegetable Beef Soup,</b> Peanut Butter Sandwich, Oranges, Mixed Greens, Cookie, 2% milk</p> <p>8 <b>Pinto Beans</b> Cornbread, Hash Brown, Mixed Greens, Onions, Applesauce, 2% Milk</p>
<p>11 <b>Smoked Sausage with</b> Sour Kraut, Fruit Cocktail, Corn, WW Roll 2% Milk</p>	<p>12 <b>Broccoli Cheese Soup,</b> Turkey And Cheese Sandwich, Fruit Cocktail, Carrots, Cookie 2% Milk</p>	<p>13 <b>Chicken Alfredo,</b> Brussels Sprouts, Garlic Bread, Peaches, 2% Milk</p>	<p>14 <b>Taco Salad / Chips,</b> Meat, Lettuce, Cheese, Tomatoes, Red Onions, Carrots, Pineapples, 2 % Milk</p>	<p>15 <b>Butter Beans,</b> Cornbread, Spinach, Cinnamon Apples, Parsley Potatoes, Onions, 2% Milk</p>
<p>18 <b>Chicken Tenders,</b> Oven Fries, Pears, Spinach, WW Bread, 2% milk</p>	<p>19 <b>Navy Beans,</b> Cornbread, Applesauce, Hashbrown, Carrots, 2% Milk</p>	<p>20 <b>Ham With Gravy</b> Mashed Potatoes, Green Beans, Peaches, Cake, WW Bread, 2% Milk <b>Festive Meal</b></p>	<p>21 <b>Fish Nuggets,</b> Cole Slaw, Green Beans, Oranges, WW Roll, 2% Milk</p>	<p>22 <b>Cheeseburger,</b> Lettuce, Pickles, tomato, Oven Fries, Beets, Pineapples, 2% Milk</p>
<p>25 <b>Beef Stroganoff with</b> Egg Noodles, Parsley Potatoes, Carrots, Fruit Cocktail WW Bread 2% Milk</p>	<p>26 <b>Great Northern Beans,</b> Cornbread , Pears, Boiled Cabbage, Onions, 2% Milk</p>	<p>27 <b>Chicken Sandwich,</b> Oven Fries, Pears, Spinach, WW Bread 2% milk</p>	<p>28 <b>Hot Dog with Chili,</b> Cole Slaw, Onions, Baked Beans, Fruit Cocktail, 2% Milk</p>	<p>29 <b>Baked Fish,</b> 3 Bean Salad, Carrots, Oranges, WW Bread, Pudding , 2% Milk</p>

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