

SEPTEMBER 2010 MENU

*Menu items are subject to change due to availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 st Home Style Meatloaf Mashed Potatoes Sliced Carrots Whole Wheat Roll Apple Oatmeal Crisp Chef's Special: Chicken Cordon Bleu	2 nd Chicken Salad Plate Tri Colored Bean Salad Potato Salad Whole Wheat Roll Tropical Fruit Salad Chef's Special: Corned Beef Sandwich on Rye	3 rd Labor Day Celebration All Beef Hot Dogs Tater Tots Four Way Vegetables Whole Wheat Bun Ice Cream Cup Chef's Special: Hamburger Deluxe
6 th Labor Day Centers Closed	7 th Hamburger Deluxe Ranch Style Beans California Blended Vegetables Whole Wheat Bun Fresh Fruit Chef's Special: Chef's Choice with Ice Cream	8 th Spinach & Mushroom Quiche Sliced Carrots Brussels Sprouts Whole Wheat Roll Apricots Chef's Special: BBQ Chicken	9 th Chicken Parmesan Italian Vegetables Spinach Whole Wheat Roll Pineapple Tidbits Chef's Special: Seafood Salad Plate	10 th Bratwurst & Sauerkraut Potato Wedges Peas & Carrots Whole Wheat Hot Dog Bun Fresh Fruit Chef's Special: Baked Potato Bar
13 th Meatball Submarine Sandwich Capri Blended Vegetables Broccoli Whole Wheat Hoagie Roll Fresh Oranges Chef's Special: Italian Sausage Sandwich with Peppers & Onion	14 th Lemon Pepper Chicken California Mixed Vegetables Garden Salad Whole Wheat Roll Apple Sauce Chef's Special: Chef's Choice with Cookie	15 th Baked Ham with Cherry Sauce Sweet Potatoes Cauliflower Whole Wheat Roll Ice Cream Cup Chef's Special: Roast Turkey & Gravy	16 th Mexican Independence Day Beef & Bean Burrito with Green Chili Sauce Spanish Rice Santa Fe Blended Vegetables Strawberry Shortcake Chef's Special: Strawberry Patch Spinach Salad	17 th Roast Turkey & Dressing Mashed Potatoes Green Beans Whole Wheat Roll Fruit Cocktail Chef's Special: Pizza & Salad Bar
20 th Bowtie Pasta & Chicken Alfredo Spinach Italian Blended Vegetables Whole Wheat Roll Pineapple Tidbits Chef's Special: Stuffed Pepper	21 st Roast Pork Loin Scalloped Potatoes Cole Slaw Whole Wheat Roll Fresh Fruit Chef's Special: Chef's Choice with Ice Cream	22 nd Salisbury Steak & Gravy Mashed Potatoes Baby Carrots Whole Wheat Roll Cherry Oatmeal Cobbler Chef's Special: Honey Stung Fried Chicken	23 rd Chicken Fritter with Southern Gravy Chuck Wagon Corn Collard Greens Whole Wheat Roll Fresh Fruit Chef's Special: Chef Salad	24 th Crab Cake Oriental Mixed Vegetables Peas & Pimento Whole Wheat Roll Fresh Apples Chef's Special: Breakfast Bar
27 th Birthday Celebration Chicken Kiev Wild Rice Pilaf Malibu Blended Vegetables Whole Wheat Roll Birthday Cake	28 th Sloppy Jo Baked Potato Wedges Four Way Blended Vegetables Whole Wheat Bun Tropical Fruit Salad Chef's Special: Chef's Choice with Cookie	29 th Chef Salad Pickled Beets Macaroni Salad Whole Wheat Roll Fresh Fruit Chef's Special: Ham & Cheese Submarine	30 th Penne Pasta & Meat Sauce Italian Vegetables Roasted Tomato Whole Wheat Roll Apricots Chef's Special: Chicken Salad Plate	