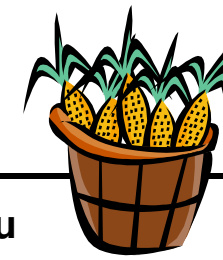




SEPTEMBER 2010

Nutrition Program Menu



**HEALTHY
AGING MONTH**

Mon

Tue

Wed

Thu

Fri

<p>Sep 22—Autumn begins</p>		<p>1 Chicken & Dumplings 1 cup Sugar Snap Peas 1/2 cup Mixed Green Salad 1/2 cup Mandarin Oranges 1/2 cup Wheat Roll / Ranch Dressing Chocolate Milk</p>	<p>2 Beef Pot Roast 3 oz Baked Potato (1) Green Beans 1/2 cup Pear Halves 1/2 cup Sour Cream 2 % Milk</p>	<p>3 Tuna Salad 1/2 cup Veggie Bean Chili 1/2 cup Coleslaw 1/2 cup Fresh Grapes 1/2 cup Chocolate Milk</p>
<p>6 CLOSED FOR LABOR DAY</p>	<p>7 Sloppy Joe (3 oz) Baked Beans 1/2 cup Turnip Greens 1/2 cup Cherry Crisp 1/3 cup Wheat Bun Skim Milk</p>	<p>8 Lasagna Casserole 6 oz Green Beans w/Onion 1/2 cup Greens & Spinach Salad 1 cup Ital dressing Sliced Peaches 1/2 cup Wheat Roll/ Margarine Skim Milk</p>	<p>9 Fried Chicken Steak w/Gravy Garlic Mashed Potatoes 1/2 cup Cooked Cabbage 1/2 cup Fruit Salad 1/2 cup Wheat Roll / Margarine Skim Milk</p>	<p>10 Beef Stroganoff / Noodles 1 cup Brussels Sprouts 1/2 cup Mixed Green Salad 1 cup Pineapple Chunks 1/2 cup Corn Muffin / French Dressing Skim Milk</p>
<p>13 Baked Lemon Butter Fish 3 oz Baked Sweet Potato 1/2 cup Italian Blend Veggies 1/2 cup Yogurt w/ Granola 1/2 cup Chocolate Milk</p>	<p>14 Hot Ham 2 oz / Cheese 1 oz Vegetable Soup 6 oz Pea Salad 1/2 cup Fresh Banana (1) Wheat Bun Skim Milk</p>	<p>15 Chicken Mac Alfredo 1 cup Steamed Broccoli 1/2 cup Mixed Green Salad 1 cup Ital dressing, Garlic Bread Stick Chocolate Pudding 1/2 cup Skim Milk</p>	<p>16 Swiss Steak w/ Mushrooms gravy 3 oz Steamed Squash 1/2 cup Roasted Red Potatoes w/Onions Wheat Roll / Margarine Carrot Cake 2"X 2" Skim Milk</p>	<p>17 Turkey Noodle Casserole 1 cup Dilled Carrot Coins 1/2 cup Creamed Spinach 1/2 cup Tropical Fruit Salad 1/2 cup Chocolate Milk</p>
<p>20 BBQ Chicken Breast 3 oz Home Fries 1/2 cup Coleslaw 1/2 cup Brownie 2" X 2" Skim Milk</p>	<p>21 Beef Ravioli Marinara 1 cup Peas & Mushrooms 1/2 cup Mixed Green Salad 1 cup Ranch Dressing Apricots 1/2 cup Chocolate Milk</p>	<p>22 Roast Beef w/Gravy 3 oz Smashed Red Potatoes 1/2 cup Tomatoes & Okra 1/2 cup Wheat Roll / Margarine Fruit Salad & Whip Topping Skim Milk</p>	<p>23 Salmon Croquette 3 oz Brussels Sprouts 1/2 cup White Beans 1/2 cup Corn Muffin Peach Halves 1/2 cup Skim Milk</p>	<p>24 Roast Pork w/Gravy 3 oz Potatoes O'Brien 1/2 cup Sugar Snap Peas 1/2 cup Wheat Roll / Margarine Fresh Orange (1) Chocolate Milk</p>
<p>27 Mexican Beef & Rice Casserole 1 cup Mixed Vegetables 1/2 cup Tomato Salad 1/2 cup Banana Pudding 1/2 cup Skim Milk</p>	<p>28 Chicken Salad 1/2 cup Lettuce/Tomato/Wheat bun Mixed Bean Soup 6 oz Oyster Crackers Mandarin Oranges 1/2 cup Chocolate Milk</p>	<p>29 Beef Stew 1 cup Green Beans 1/2 cup Mixed Green Salad 1 cup Italian Dressing Yogurt w/ Granola 1/2 cup Skim Milk</p>	<p>30 Bratwurst Hot Dog Bun Baked Beans 1/2 cup Cauliflower w Cheese 1/2 cup Pineapple Rings 1/2 cup Chocolate Milk</p>	