

September, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken w/Paprika Cream Sauce Whole Kernel Corn Glazed Carrots Whole Wheat Bread (1) Sugar Free Pudding cup	3 Diced Pork w/Noodles Sour Cream & Chive Potatoes Brussels Sprouts White Roll Pears	4 Beef Stew Mashed Potatoes Green Beans Whole Wheat Bread (1) SugarFree Gelatin cup	5 Chicken Breast Fillet Caribbean Sauce Sweet Potatoes Broccoli Cuts Whole Wheat Bread (1) SugarFree Gelatin cup	6 Spaghetti w/Meat Sauce Italian Blend Vegetables Green Peas Mandarin Oranges
9 Breaded Fish Tartar Sauce O'Brien Potatoes Broccoli / Cauliflower Blend Whole Wheat Bread (1) SugarFree Gelatin cup	10 Beef Patty Pepper & Onion Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) no sugar added Applesauce	11 Chicken Pomodoro Italian Blend Vegetables Brussels Sprouts Peaches	12 Roast Pork Peach Ginger Sauce Whipped Sweet Potatoes Green Beans White Roll SugarFree Gelatin cup	13 Roasted Turkey Breast Poultry Gravy Mashed Potatoes Broccoli Cuts Graham Crackers Margarine
16 Veal w/Scallopini Sauce Rosemary Potatoes Steamed Spinach Whole Wheat Bread (1) Pears	17 Sweet & Sour Pork Pears Broccoli Cuts Steamed Rice SugarFree Gelatin cup	18 Beef Patty Swiss Steak Sauce Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) SugarFree Gelatin cup	19 Breaded Chicken Patty Chuckwagon Corn Green Beans Hamburger Bun SugarFree Gelatin cup	20 Beef Stroganoff w/ Noodles Green Peas Carrots Peaches
23 Chicken Breast Fillet Poultry Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Sugar Free Pudding cup	24 Roast Beef Brown Gravy Mashed Potatoes Green Beans Whole Wheat Bread (1) SugarFree Gelatin cup	25 Diced Pork w/Noodles Mixed Vegetables Broccoli / Cauliflower Blend Whole Wheat Bread (1) no sugar added Applesauce	26 Country Meatballs Red Bliss Potatoes Carrots Whole Wheat Bread (1) Mandarin Oranges	27 Baked Chicken Thigh Steamed Spinach Chuckwagon Corn Whole Wheat Bread (1) Fruit & Grain Bar
30 Chicken w/Paprika Cream Sauce Whole Kernel Corn Glazed Carrots Whole Wheat Bread (1) Sugar Free Pudding cup				EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK

**ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

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2	3	4	5	6
CAL = 488.72 FAT = 1.93 G SODIUM = 1.2 MG FIBER = 8.22 G CARBS = 71.52 G CALCIUM = 395.07 MG	CAL = 712.72 FAT = 4.14 G SODIUM = 101.73 MG FIBER = 9.74 G CARBS = 78.72 G CALCIUM = 366.08 MG	CAL = 578.69 FAT = 2.08 G SODIUM = 1.99 MG FIBER = 6.78 G CARBS = 71.35 G CALCIUM = 476.01 MG	CAL = 464.16 FAT = 1.41 G SODIUM = 1.18 MG FIBER = 5.03 G CARBS = 66.4 G CALCIUM = 356.35 MG	CAL = 577.99 FAT = 4.75 G SODIUM = 1.99 MG FIBER = 12.75 G CARBS = 74 G CALCIUM = 525.54 MG
9	10	11	12	13
CAL = 583.57 FAT = 6.85 G SODIUM = 1.81 MG FIBER = 6.27 G CARBS = 75.24 G CALCIUM = 374.83 MG	CAL = 536.37 FAT = 1.43 G SODIUM = 1.16 MG FIBER = 10.29 G CARBS = 62.89 G CALCIUM = 386.28 MG	CAL = 534.55 FAT = 1.47 G SODIUM = 1.9 MG FIBER = 10.92 G CARBS = 69.83 G CALCIUM = 457.23 MG	CAL = 533.93 FAT = 4.27 G SODIUM = 1.92 MG FIBER = 6.82 G CARBS = 68.16 G CALCIUM = 509.48 MG	CAL = 540.12 FAT = 3.89 G SODIUM = 2.03 MG FIBER = 5.31 G CARBS = 73.38 G CALCIUM = 468.28 MG
16	17	18	19	20
CAL = 585.66 FAT = 7.32 G SODIUM = 1.35 MG FIBER = 11.2 G CARBS = 74.53 G CALCIUM = 537.6 MG	CAL = 647.77 FAT = 8.98 G SODIUM = 2.26 MG FIBER = 6.16 G CARBS = 74.13 G CALCIUM = 554 MG	CAL = 570.42 FAT = 2.6 G SODIUM = 2.01 MG FIBER = 7.34 G CARBS = 63.94 G CALCIUM = 471.1 MG	CAL = 538.71 FAT = 1.54 G SODIUM = 1.04 MG FIBER = 7.36 G CARBS = 73.09 G CALCIUM = 418.9 MG	CAL = 579.41 FAT = 2.59 G SODIUM = 1.56 MG FIBER = 11.99 G CARBS = 61.94 G CALCIUM = 423.94 MG
23	24	25	26	27
CAL = 476.67 FAT = 1.43 G SODIUM = 1.15 MG FIBER = 10.54 G CARBS = 61.97 G CALCIUM = 375.64 MG	CAL = 566.74 FAT = 2.06 G SODIUM = 1.79 MG FIBER = 5.06 G CARBS = 62.62 G CALCIUM = 452.18 MG	CAL = 616.37 FAT = 1.46 G SODIUM = 101.21 MG FIBER = 9.28 G CARBS = 71.13 G CALCIUM = 386.2 MG	CAL = 616.21 FAT = 1.53 G SODIUM = 101.74 MG FIBER = 9.19 G CARBS = 76.62 G CALCIUM = 369.16 MG	CAL = 648.06 FAT = 1.9 G SODIUM = 101.3 MG FIBER = 8.72 G CARBS = 73.78 G CALCIUM = 456.8 MG
30				THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL
CAL = 488.72 FAT = 1.93 G SODIUM = 1.2 MG FIBER = 8.22 G CARBS = 71.52 G CALCIUM = 395.07 MG				

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES