

## September, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken w/Paprika Cream Sauce Whole Kernel Corn Glazed Carrots Whole Wheat Bread (1) Fruit & Grain Bar	<b>3</b> Diced Pork w/Noodles Sour Cream & Chive Potatoes Brussels Sprouts White Roll Pineapple Tidbits	<b>4</b> Beef Stew Apple Juice 6 oz. Green Beans Steamed Rice Mandarin Oranges	<b>5</b> Chicken Breast Fillet Caribbean Sauce Sweet Potatoes Broccoli Cuts Whole Wheat Bread (1) LD Raisin Crème Pie	<b>6</b> Spaghetti w/Meat Sauce Italian Blend Vegetables Green Peas Whole Wheat Bread (1) Peas
<b>9</b> Breaded Fish Tartar Sauce O'Brien Potatoes Broccoli / Cauliflower Blend Whole Wheat Bread (1) Peaches	<b>10</b> Beef Patty Pepper & Onion Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Applesauce	<b>11</b> Chicken Pomodoro Italian Blend Vegetables Whole Kernel Corn Whole Wheat Bread (1) LD Chocolate Chip Crème Pie	<b>12</b> Roast Pork Peach Ginger Sauce Whipped Sweet Potatoes Green Beans White Roll Fruit & Grain Bar	<b>13</b> Roasted Turkey Breast Poultry Gravy Mashed Potatoes Broccoli Cuts Whole Wheat Bread (1) Graham Crackers
<b>16</b> Veal w/Scallopini Sauce Rosemary Potatoes Steamed Spinach Whole Wheat Bread (1) LD Star Crunch	<b>17</b> Sweet & Sour Pork Grape Juice 6 oz. Broccoli Cuts Steamed Rice LD Oatmeal Cookie	<b>18</b> Beef Patty Swiss Steak Sauce Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Mixed Fruit	<b>19</b> Breaded Chicken Patty Chuckwagon Corn Green Beans Hamburger Bun Fruit & Grain Bar	<b>20</b> Beef Stroganoff w/ Noodles Green Peas Carrots Whole Wheat Bread (1) Peaches
<b>23</b> Chicken Breast Fillet Poultry Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) LD Fudge Round	<b>24</b> Roast Beef Brown Gravy Mashed Potatoes Green Beans Whole Wheat Bread (1) LD Star Crunch	<b>25</b> Diced Pork w/Noodles Mixed Vegetables Broccoli / Cauliflower Blend Whole Wheat Bread (1) Applesauce	<b>26</b> Country Meatballs Carrots Red Bliss Potatoes Whole Wheat Bread (1) Mandarin Oranges	<b>27</b> Baked ChickenThigh Steamed Spinach Chuckwagon Corn Whole Wheat Bread (1) Fruit & Grain Bar
<b>30</b> Chicken w/Paprika Cream Sauce Whole Kernel Corn Glazed Carrots Whole Wheat Bread (1) Fruit & Grain Bar				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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<p><b>2</b></p> <p>CAL = 557.84                  FAT = 2.3 G                  SODIUM = 1.4 MG                  FIBER = 7.55 G                  CARBS = 83.54 G                  CALCIUM = 449.83 MG</p>	<p><b>3</b></p> <p>CAL = 752.04                  FAT = 4.14 G                  SODIUM = 101.82 MG                  FIBER = 8.79 G                  CARBS = 88.74 G                  CALCIUM = 582.36 MG</p>	<p><b>4</b></p> <p>CAL = 599.02                  FAT = 1.49 G                  SODIUM = 1.71 MG                  FIBER = 5.33 G                  CARBS = 87.32 G                  CALCIUM = 340.57 MG</p>	<p><b>5</b></p> <p>CAL = 609.16                  FAT = 1.41 G                  SODIUM = 1.18 MG                  FIBER = 5.03 G                  CARBS = 88.4 G                  CALCIUM = 360.35 MG</p>	<p><b>6</b></p> <p>CAL = 673.46                  FAT = 4.75 G                  SODIUM = 1.86 MG                  FIBER = 14.89 G                  CARBS = 94.13 G                  CALCIUM = 570.49 MG</p>
<p><b>9</b></p> <p>CAL = 646.34                  FAT = 6.87 G                  SODIUM = 1.87 MG                  FIBER = 7.9 G                  CARBS = 92.5 G                  CALCIUM = 388.63 MG</p>	<p><b>10</b></p> <p>CAL = 584.5                  FAT = 1.44 G                  SODIUM = 1.23 MG                  FIBER = 11.22 G                  CARBS = 75.48 G                  CALCIUM = 387.26 MG</p>	<p><b>11</b></p> <p>CAL = 741.46                  FAT = 1.64 G                  SODIUM = 1.64 MG                  FIBER = 8.5 G                  CARBS = 103.16 G                  CALCIUM = 516.23 MG</p>	<p><b>12</b></p> <p>CAL = 668.05                  FAT = 4.64 G                  SODIUM = 2.12 MG                  FIBER = 8.15 G                  CARBS = 93.18 G                  CALCIUM = 564.24 MG</p>	<p><b>13</b></p> <p>CAL = 576.18                  FAT = 2.06 G                  SODIUM = 2.03 MG                  FIBER = 6.31 G                  CARBS = 86.34 G                  CALCIUM = 515.81 MG</p>
<p><b>16</b></p> <p>CAL = 700.28                  FAT = 7.31 G                  SODIUM = 1.32 MG                  FIBER = 9.31 G                  CARBS = 87 G                  CALCIUM = 535.06 MG</p>	<p><b>17</b></p> <p>CAL = 893.14                  FAT = 8.98 G                  SODIUM = 2.31 MG                  FIBER = 4.46 G                  CARBS = 117.99 G                  CALCIUM = 571.33 MG</p>	<p><b>18</b></p> <p>CAL = 634.39                  FAT = 2.62 G                  SODIUM = 2.08 MG                  FIBER = 8.55 G                  CARBS = 81.01 G                  CALCIUM = 484.41 MG</p>	<p><b>19</b></p> <p>CAL = 672.83                  FAT = 1.91 G                  SODIUM = 1.24 MG                  FIBER = 8.69 G                  CARBS = 98.11 G                  CALCIUM = 473.66 MG</p>	<p><b>20</b></p> <p>CAL = 662.62                  FAT = 2.6 G                  SODIUM = 1.56 MG                  FIBER = 13.01 G                  CARBS = 78.85 G                  CALCIUM = 465.28 MG</p>
<p><b>23</b></p> <p>CAL = 556.67                  FAT = 1.43 G                  SODIUM = 1.15 MG                  FIBER = 8.6 G                  CARBS = 70.97 G                  CALCIUM = 393.64 MG</p>	<p><b>24</b></p> <p>CAL = 711.74                  FAT = 2.06 G                  SODIUM = 1.79 MG                  FIBER = 5.12 G                  CARBS = 83.62 G                  CALCIUM = 458.18 MG</p>	<p><b>25</b></p> <p>CAL = 616.37                  FAT = 1.46 G                  SODIUM = 101.21 MG                  FIBER = 9.28 G                  CARBS = 71.13 G                  CALCIUM = 603.55 MG</p>	<p><b>26</b></p> <p>CAL = 616.21                  FAT = 1.53 G                  SODIUM = 101.74 MG                  FIBER = 9.19 G                  CARBS = 76.62 G                  CALCIUM = 382.99 MG</p>	<p><b>27</b></p> <p>CAL = 679.75                  FAT = 3.69 G                  SODIUM = 101.3 MG                  FIBER = 8.55 G                  CARBS = 73.57 G                  CALCIUM = 641.9 MG</p>
<p><b>30</b></p> <p>CAL = 557.84                  FAT = 2.3 G                  SODIUM = 1.4 MG                  FIBER = 7.55 G                  CARBS = 83.54 G                  CALCIUM = 449.83 MG</p>				<p>THE NUTRITIONAL                  INFORMATION CONTAINS                  THE MILK OFFERED WITH                  EACH MEAL</p>

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