

September, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Sliced Roasted Turkey Poultry Gravy Chantilly Potatoes Broccoli Cuts White Dinner Roll Tropical Mixed Fruit Margarine</p>	<p>3</p> <p>Spaghetti w/ Meat Sauce Green Beans Orange Juice 6 oz. Garlic Bread Apple Crisp</p>	<p>4</p> <p>Lemon Pepper Chicken Green Peas Normandy Blend Vegetables Whole Wheat Bread Diet Cowboy Cookie Margarine</p>	<p>5</p> <p>Hamburger American Cheese Chuckwagon Corn Apple Juice 6 oz. Hamburger Bun Spiced Peaches Ketchup Yellow Mustard</p>	<p>6</p> <p>Chicken Breast Fillet Poultry Gravy Brussels Sprouts Sour Cream & Chive Potatoes Whole Wheat Bread Pineapple Tidbits Margarine</p>
<p>9</p> <p>Beef Stew Vegetables in Stew Broccoli / Cauliflower Blend Biscuit Diet Mixed Fruit Crisp Margarine</p>	<p>10</p> <p>Shredded BBQ Chicken Baked Potato Steamed Spinach Hamburger Bun Snickerdoodle Bar</p>	<p>11</p> <p>Beef & Rice Patty w/Cabbage Cabbage in entrée Carrots Whole Wheat Bread Figaroo Fig Bar Margarine</p>	<p>12</p> <p>Oriental Shoyu Chicken Whole Kernel Corn Zucchini w/ Red Peppers Rice Pilaf Mandarin Oranges</p>	<p>13</p> <p>Roast Beef Brown Gravy Mashed Potatoes Green Beans Multigrain Bread LD Devil Squares Margarine</p>
<p>16</p> <p>Chicken Cordon Bleu Green Peas Yellow Squash w/Tomatoes Whole Wheat Dinner Roll Pears Margarine</p>	<p>17</p> <p>Ham w/ White Beans Seasoned Collard Greens Grape Juice 6 oz. Cornbread Apple Cobbler Margarine</p>	<p>18</p> <p>New England Beef & Potatoes Stewed Tomatoes Brussels Sprouts Multigrain Bread Orange Juice 6 oz.</p>	<p>19</p> <p>Chicken LoMein Oriental Blend Vegetables Creamed & Whole Kernel Corn Rye Bread Mixed Fruit</p>	<p>20</p> <p>Meatloaf Brown Gravy Mashed Potatoes Broccoli / Cauliflower Blend Whole Wheat Dinner Roll LD Oatmeal Cookie</p>
<p>23</p> <p>Chicken Divan Casserole Sweet Potatoes Mixed Vegetables Multigrain Bread Apple Juice 6 oz. Margarine</p>	<p>24</p> <p>Beef Macaroni w/Tomato Green Beans Whole Kernel Corn Whole Wheat Dinner Roll Pineapple Tidbits Margarine</p>	<p>25</p> <p>White Bean Chicken Chili Broccoli Cabbage Whole Wheat Bread LD Chocolate Chip Crème Pie Margarine</p>	<p>26</p> <p>Swiss Style Beef Patty Mashed Potatoes Zucchini & Summer Squash White Dinner Roll Blueberry Cake</p>	<p>27</p> <p>Breaded Fish Tartar Sauce Green Peas & Carrots Stewed Tomatoes Whole Wheat Bread Peaches</p>
<p>30</p> <p>Italian Meatball Hoagie Tomato Sauce Italian Blend Vegetables Chuckwagon Corn Hoagie Bun Mandarin Oranges</p>				<p>EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK</p>

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

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<p>2</p> <p>CAL = 608.31 FAT = 20.68 G SODIUM = 583.4 MG FIBER = 4.98 G CARBS = 71.64 G CALCIUM = 429.93 MG</p>	<p>3</p> <p>CAL = 775.29 FAT = 22.87 G SODIUM = 799.53 MG FIBER = 7.85 G CARBS = 110.84 G CALCIUM = 431.16 MG</p>	<p>4</p> <p>CAL = 682.03 FAT = 28.69 G SODIUM = 518.28 MG FIBER = 11.79 G CARBS = 61.47 G CALCIUM = 400.74 MG</p>	<p>5</p> <p>CAL = 778.25 FAT = 27.78 G SODIUM = 846.84 MG FIBER = 5.36 G CARBS = 95.84 G CALCIUM = 484.81 MG</p>	<p>6</p> <p>CAL = 645.59 FAT = 20.62 G SODIUM = 628.39 MG FIBER = 8.63 G CARBS = 72.06 G CALCIUM = 426.19 MG</p>
<p>9</p> <p>CAL = 675.08 FAT = 23.79 G SODIUM = 841.08 MG FIBER = 7.83 G CARBS = 80.56 G CALCIUM = 504.31 MG</p>	<p>10</p> <p>CAL = 804.68 FAT = 24.03 G SODIUM = 894.43 MG FIBER = 9.95 G CARBS = 109.68 G CALCIUM = 501.96 MG</p>	<p>11</p> <p>CAL = 671.57 FAT = 23.87 G SODIUM = 812.7 MG FIBER = 9.87 G CARBS = 83.43 G CALCIUM = 463.46 MG</p>	<p>12</p> <p>CAL = 575.77 FAT = 11.21 G SODIUM = 447.23 MG FIBER = 5.96 G CARBS = 78.6 G CALCIUM = 365.8 MG</p>	<p>13</p> <p>CAL = 844.79 FAT = 29.43 G SODIUM = 853.63 MG FIBER = 5.26 G CARBS = 101.03 G CALCIUM = 483.56 MG</p>
<p>16</p> <p>CAL = 612.41 FAT = 20.23 G SODIUM = 595.56 MG FIBER = 9.42 G CARBS = 64.06 G CALCIUM = 427 MG</p>	<p>17</p> <p>CAL = 956.68 FAT = 21.97 G SODIUM = 1079.4 MG FIBER = 13.58 G CARBS = 158.96 G CALCIUM = 722.91 MG</p>	<p>18</p> <p>CAL = 634.32 FAT = 16.63 G SODIUM = 714.16 MG FIBER = 9.09 G CARBS = 80.35 G CALCIUM = 410.31 MG</p>	<p>19</p> <p>CAL = 616.3 FAT = 8.75 G SODIUM = 762.96 MG FIBER = 10.59 G CARBS = 106.93 G CALCIUM = 388.66 MG</p>	<p>20</p> <p>CAL = 775.5086 FAT = 31.7804 G SODIUM = 907.5936 MG FIBER = 4.881 G CARBS = 77.5192 G CALCIUM = 479.2132 MG</p>
<p>23</p> <p>CAL = 808.29 FAT = 24.07 G SODIUM = 858.34 MG FIBER = 9.31 G CARBS = 100.37 G CALCIUM = 627.41 MG</p>	<p>24</p> <p>CAL = 717.71 FAT = 24.14 G SODIUM = 750.19 MG FIBER = 8.58 G CARBS = 87 G CALCIUM = 432.29 MG</p>	<p>25</p> <p>CAL = 613.58 FAT = 22.97 G SODIUM = 730.9 MG FIBER = 10.99 G CARBS = 77.07 G CALCIUM = 452.68 MG</p>	<p>26</p> <p>CAL = 793.77 FAT = 28.33 G SODIUM = 1139.02 MG FIBER = 4.9 G CARBS = 94.72 G CALCIUM = 564.87 MG</p>	<p>27</p> <p>CAL = 613.31 FAT = 21.03 G SODIUM = 774.1 MG FIBER = 10.52 G CARBS = 71.81 G CALCIUM = 465.07 MG</p>
<p>30</p> <p>CAL = 702.27 FAT = 20.18 G SODIUM = 468.13 MG FIBER = 7.47 G CARBS = 72.67 G CALCIUM = 385 MG</p>				<p>THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL</p>

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