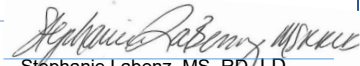


# September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Scalloped Potatoes & Ham	Biscuits & Gravy	Chicken Parmesean	Baked Cod
	Mixed Vegetables	Sauteed Onions & Mushrooms	Spaghetti Noodles	Baked Potato
	Canned Fruit	Hard Boiled Egg	Spinach Salad	Green Beans
	Butterscotch Pudding	Banana	Apricots	Creamy Fruit Salad
		Fruited Yogurt		Apple Crisp
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	Lemon Pepper Fish	Goulash	Hamballs with Glaze	Tuna Salad Sandwich
<b>Labor Day</b>	Sweet Potato	Lettuce Salad	Baked Potato w/ Sour Cream	Chips of Choice
	Corn	Melon Cup	Green Beans	Green Pepper Coleslaw
	Strawberries	Garlic Bread Stick	Cherry Fruit Salad	Banana
	Gelatin Poke Cake	Peanut Butter Crispy Bar		Lemon Square
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Pork Culet	Sloppy Joe	Soft Shell Taco	Oven Fried Chicken	Cheese Pizza
Cheesy Potatoes	Potato Wedges	Tortilla Chips	Mashed Potatoes & Gravy	Carrots
Capri Vegetables	Mixed Vegetables	Salsa	Brussels Sprouts w/Cheese	Fruited Yogurt
Whole Wheat Roll	Cinnamon Applesauce	Fiesta Corn	Spiced Peaches	Banana Orange Salad
Apricots	Berry Crisp	Strawberries	Blondie Bar	
		Pound Cake		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Tuna Casserole	Egg Salad Sandwich	Steak in Brown Gravy	BBQ Roast Pork Sandwich	Liver & Onions
Lima Beans	Lentil Soup	Whipped Potatoes	Sweet Potato Fries	Baked Cubed Potatoes
Whole Wheat Roll	Crackers	Spinach Salad	3 Bean Salad	Broccoli
Mixed Berries	Fruit Salad	Apple	Plums	Mandarin Oranges
Chocolate Pudding/Topping	Cookie	Pumpkin Bar	Oatmeal Raisin Bar	Brownie
				Whole Wheat Roll
<b>28</b>	<b>29</b>	<b>30</b>		
Hamburger on Bun	Basil Chicken	Baked Potato w/		
Lettuce/Tomato/Onion	Au Gratin Potatoes	Turkey Ham		
Fried Potatoes	Peas with Onions	Cheese Sauce		
Copper Penny Salad	Pears	Broccoli Cuts		
Apple	Spice Cake w/ Frosting	Banana Crumb Dessert		

  
Stephanie Labenz, MS, RD, LD

\*Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for adults.