

# SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>Low Fat Milk Available With Each Meal</b></p>		<p><b>1</b> BBQ Chicken Baked Beans Hashbrown Casserole Dinner Roll Oreo Cookie</p>
<p><b>4</b> <b>Centers Closed Labor Day</b></p> 	<p><b>5</b> Chicken Noodle Au Gratin Whole Kernel Corn Green Beans Saltine Crackers Fruit Cup</p>	<p><b>6</b> Meatballs/ Mushroom Gravy Yellow Rice Mixed Beans Dinner Roll Fresh Fruit</p>	<p><b>7</b> Garlic Rosemary Chicken Lima Beans Mustard Greens Wheat Bread Fresh Fruit</p>	<p><b>8</b> Italian Mac Green Peas Broccoli and Carrots Wheat Bread Fresh Fruit</p>
<p><b>11</b> Meatloaf Brown Gravy Whipped Potatoes Orange Carrots Wheat Bread Fruit Cup</p>	<p><b>12</b> Turkey Ham/White Beans Kernel Corn Spring Vegetables Dinner Roll Fruit Cup</p>	<p><b>13</b> Hamburger Patty Baked Pinto Beans Tomato/Lettuce Hamburger Bun Mixed Fruit Cobbler Mustard Ketchup</p>	<p><b>14</b> Smothered Chicken Thigh Confetti Rice Herbed Green Beans Dinner Roll Fresh Fruit</p>	<p><b>15</b> Cheesy Meat Casserole Lima Beans Mixed Greens Dinner Roll Fresh Fruit</p>
<p><b>18</b> Meatballs/Spaghetti Sauce Spaghetti Noodles Summer Veggies Wheat Bread Fruit Cup</p>	<p><b>19</b> Chicken Rice Casserole Green Beans Okra &amp; Tomatoes Dinner Roll Fruit Cup</p>	<p><b>20</b> BBQ Rib Patty Red Beans/Rice Peas &amp; Carrots Dinner Roll Fresh Fruit</p>	<p><b>21</b> Orange Glazed Chicken Delmonico Potatoes Mixed Vegetables Dinner Roll Fresh Fruit</p>	<p><b>22</b> Beef Fiesta Mac Pinto Beans Whole Kernel Corn Wheat Bread Fresh Fruit</p>
<p><b>25</b> Chicken Tetrazzini Glazed Carrots Brussel Sprouts Dinner Roll Fruit Cup</p>	<p><b>26</b> Pork Sausage Northern Beans California Vegetable Blend Hot Dog Bun Fruit Cup Mustard</p>	<p><b>27</b> Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit</p>	<p><b>28</b> Turkey Ham Mac &amp; Cheese Black-eyed Peas Collard Greens Dinner Roll Fresh Fruit</p>	<p><b>29</b> Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato /Cheese Flour Tortilla Fresh Fruit Taco Sauce</p>

**Menu Approved by:** Registered Dietitian Dana Gardner and may be subject to change.