







September 2024 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meal Pattern Minimum Quantities Fluid 1% milk 8 oz. Meat or Meat Alternative 2 oz. mm Vegetables 1/2 cup Fruits 1/2 cup Grains 2 ounces 2 servings or 1 cup	2 Closed Labor Day	3. Tuna Sandwich  Tuna, ww bread, onion, celery tomato cucumber salad, applesauce , 1% milk	4 Chicken Taco Casserole Chicken, cheese, brown rice , tomatoes, onions, beans, mandarin oranges, 1% milk	5 Reuben Casserole Corned beef, sauerkraut, onions, swiss cheese, ww roll, mixed fruit, 1% milk	6 Root beer Pulled Pork Sandwich Pork, wg hamburger bun, coleslaw, pears, 1% milk	7
	9 Beef Stew Beef, potatoes, carrots, celery, 2 wg rolls, fruit cocktail, 1% milk	10 Taco Salad  Ground turkey, lettuce, onions, tomatoes, corn chips, cheese, sour cream, guacamole, mixed fruit, 1% milk	11 Cheese Burger Bowl  Beef, cheese, onion, tomato, lettuce, mustard, pickles, brown rice, pears 1% milk	12 Breakfast Burrito Eggs, potatoes, sausage, cheese, onions, peppers, WG tortilla toast, mixed fruit 1% milk	13 Tortellini Salad Tortellini ,chicken, tomatoes, onions, cucumbers, olives, feta , applesauce 2 wg rolls , 1% milk	14
	16 Ham and Cheese WG bread, sliced ham, cheddar cheese, garden salad , mandarins, 1% milk	17 Spaghetti Ground beef, wg noodles, tomatoes, onions, peppers, garlic bread, grapes, 1% milk	18 Enchilada Casserole Chicken, cheese, ww tortilla, tomatoes, onions, beans, mandarin oranges, 1% milk	19 Chicken Pesto Pasta Bake WG pasta, chicken, spinach, tomatoes, parmesan, 2 wg bread sticks, applesauce ,1% milk	20 Breakfast Casserole Eggs, potatoes, sausage, cheese, onions, peppers, 2 pieces WG toast, peaches, 1% milk	21
	23 Honey Lime Chicken Chicken, lime, honey, carrots, brown rice, peaches, 1% milk	24 Beef Stew  Beef, potatoes, carrots, celery, 2 wg rolls, fruit cocktail, 1% milk	25 Chicken Cordon Blue Chicken, ham, swiss cheese, wg noodles, green beans, peaches, 1% milk	26 Cheese Burger Bowl Beef, cheese, onion, tomato, lettuce, mustard, pickles, brown rice, pears 1% milk	27 Waffles & Sausage  Waffles, turkey sausage, tomato juice, grapes, 1 % milk	28
	30 Stuffed Peppers  Ground beef, brown rice, tomatoes, onions, mixed fruit, 1% milk					For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.