Nutrition Menu

Nellie Sawyer, Manager

September-21

Office Hours: 9am - 1pm 426-8309

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Meals Served With Milk at 11:30am			1 BBQ Sandwich Coleslaw Buttered Potatoes Fresh Fruit	2 TurkeyClub Sub w/ Lettuce & Cheese Broccoli Salad Pineapple Graham Crackers	3 Hamburger Steak with Gravy Lima Beans Brown Rice Orange Roll Brownie	4
5	6 LABOR DAY Closed	7 Chicken Salad with Lettuce Pickled Beets Pasta Salad Orange Juice Crackers Cake	8 Pork Chop w/gravy Succotash Potatoes Au Gratin Strawberries Corn Bread Cookie	9 Chef Salad with Ham & Cheese Potato Salad Orange Juice Jello-O	10 Baked Turkey Carrots Baked Apples Brown Rice Wheat Roll Pudding	11
12	13 Spaghetti w/Meat Sauce California Blend Vegetables Fresh Fruit Bread Stick Pudding	14 Tuna Salad w/lettuce Three Bean Salad Macaroni Salad Crackers Orange Juice Chocolate Chip Cookies	15 Meat Loaf Lima Beans Fresh Fruit Brown Rice Dinner Roll Brownie	16 Ham & Cheese Sub w/lettuce Marinated Cucumbers and Onions Pineapple Graham Crackers	17 Chicken Breast with Gravy Broccoli & Rice Casserole Fresh Fruit Wheat Bread Chocolate Cake	18
19	20 Beef Lasagna California Blend Vegetables Corn Orange Juice Garlic Bread	21 Chef Salad with Turkey & Cheese Macaroni Salad Crackers Butter Cookie Strawberries Orange Juice	22 BBQ Chicken Leg Quarter Peas Fresh Fruit Mac & Cheese Corn Muffin 	23 Chicken Salad w/lettuce Pickled Beets Pasta Salad Orange Juice Crackers Cake	24 Sausage w/Bun Baked Beans Baked Apples Pudding	25
26	27 Sliced Ham Cabbage Pineapple Juice Red Potatoes Cornbread Chocolate Cake	28 Chicken Wrap with Lettuce & Cheese Macaroni Salad Cucumber, Tomato & Onion Salad Peaches Pudding	29 BBQ Sandwich Coleslaw Buttered Potatoes Fresh Fruit	30 Turkey Club Sub w/ Lettuce & Cheese Broccoli Salad Pineapple Graham Crackers		Donations are Needed, Accepted and Appreciated!