



Nutrition Program Menu

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 				1 Lasagna Tossed Salad w/Green Peppers & Tomatoes Garlic Bread Mixed Fruit Milk
4 CLOSED  LABOR DAY	5 Spaghetti & Meat Sauce Corn Garlic Bread Pineapple Tidbits Milk	6 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk	7 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk	8 Chicken Patty w/Gravy Mashed Potatoes Broccoli & Cheese Casserole Dinner Roll Assorted Cookie Milk
11 Chicken Pie Steamed Rice Okra & Tomatoes Dinner Roll Cranberry-Apple Juice Milk	12 Salisbury Steak Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk	13 Pinto Beans Collard Greens Stewed Potatoes Cornbread Assorted Cookie Milk	14 Pepper Steak Supreme Mashed Potatoes Peas & Carrots Dinner Roll Pineapple Tidbits Milk	15 Sweet & Sour Chicken Macaroni & Cheese Broccoli Wheat Roll Baked Apples Milk
18 Sloppy Joe Tater Tots Coleslaw Bun Fruit Cup Milk	19 Baked Chicken w/Gravy Mashed Potatoes Crowder Peas Dinner Roll Fresh Orange Milk	20 Pinto Beans w/Ham Macaroni & Cheese Cabbage Cornbread Grape Juice Milk	21 Hot Dog w/Chili Whole Kernel Corn Coleslaw Chocolate Fudge Round Bun Milk	22 Chicken Alfredo w/Noodles Green Beans Pickled Beets Dinner Roll Pears Milk
25 Barbecue Chicken Rice Stewed Tomatoes Dinner Roll Baked Apples Milk	26 Pancakes w/syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk	27 Barbecue Boneless Pork Rib Corn Coleslaw Bun Assorted Cookies Milk	28 Chopped Steak w/Brown Gravy Steamed Rice Green Beans Dinner Roll Chilled Fruit Cup Milk	29 Baked Ham Pinto Beans Turnip Greens Cornbread Pudding Milk

Menu substitutes may occasionally have to be made of equal nutritional value.

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