



# September 15 – September 21, 2024



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>B R E A K F A S T</b>	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT
<b>L U N C H</b>	BOURBON & ONION-SALISBURY STEAK MASHED POTATOES GRAVY CREAMED PEAS SWEET POTATO PIE  <u>ALTERNATE ITEMS:</u> PORK RIB CARROTS  ANYTIME MENU OPTION	*HM VEGETABLE-PASTA SALAD WITH HAM CUCUMBER SALAD CHEESE CUBES BAKED ROLL APPLE CRISP WITH WHIP TOPPING  <u>ALTERNATE ITEMS:</u> CABBAGE ROLL BEETS  ANYTIME MENU OPTION	BRAT ON A BUN RELISHES GERMAN POTATO-SALAD CALICO BEANS LEMON BAR  <u>ALTERNATE ITEMS:</u> HAMBURGER ON BUN GREEN BEANS  ANYTIME MENU OPTION	*HM MEATLOAF BAKED POTATO SOUR CREAM SWEET CARROTS HONEY BUN COFFEE-CAKE  <u>ALTERNATE ITEMS:</u> PORK PEAS  ANYTIME MENU OPTION	RAVIOLI BAKE GARLIC BREADSTICK CHALET VEGETABLE APRICOT GLAZED-CHEESECAKE  <u>ALTERNATE ITEMS:</u> FISH CORN  ANYTIME MENU OPTION	LEMON PEPPER-TILAPIA TARTAR SAUCE CHEESEY MASHED VEGETABLE BLEND COLESLAW BLACK FOREST CAKE  <u>ALTERNATE ITEMS:</u> STUFFED PEPPERS YAMS  ANYTIME MENU OPTION	CHICKEN - DRUMSTICKS FRIED POTATOES GREEN BEAN - CASSEROLE CREAM PUFF  <u>ALTERNATE ITEMS:</u> PORK CHOP BEETS  ANYTIME MENU OPTION
<b>D I N N E R</b>	MINI CORNDOGS SIDEWINDER FRIES BAKED BEANS BUTTERSCOTCH - PUDDING/TOPPING  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	SAUSAGE GRAVY - OVER BISCUITS HASHBROWNS PEACH SLICES  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	*HM CREAMY GNOCCHI SOUP CRACKERS HONEY CORNBREAD COT. CHEESE/FRUIT WAFER COOKIES  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	CLASSIC BLT ON CROISSANT THREE BEAN SALAD PICKLED BEETS FRUIT CASSEROLE  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	CHICKEN TENDERS HONEY MUSTARD SEASONED - TATOR TOTS ORANGE BLOSSUM  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	*HM BEEF FRIED-RICE CASSEROLE BLUEBERRY MUFFIN COCONUT FRUIT - SALAD  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	*HM CREAM OF - VEGETABLE SOUP CRACKERS HAM SALAD - SANDWICH SWEET CHERRIES  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION

MENU SUBJECT TO CHANGE

\*HM: HOMEMADE

AVERAGE DAILY MENU: 2-4 gm SODIUM/DAY

45-60 gm CARBS/MEAL