

September 20th – September 26th

	SUNDAY 20 th	MONDAY 21 st	TUESDAY 22 nd	WEDNESDAY 23 rd	THURSDAY 24 th	FRIDAY 25 th	SATURDAY 26 th
B R E A K F A S T	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
L U N C H	CHICKEN DRUMSTICK REDSKIN MASH POTATO COUNTRY TRIO COCONUT PIE <u>ALTERNATE ITEMS:</u> FISH YAMS ANYTIME MENU OPTION	*HM TURKEY TETRAZINNI BUTTERED PEAS DINNER ROLL STRAWBERRY JELLO POKE CAKE <u>ALTERNATE ITEMS:</u> MEATBALLS W/ MARINARA BABY BEETS ANYTIME MENU OPTION	*HM MEATLOAF MASH POTATO W/ GRAVY BUTTERED CORN BROWNIES <u>ALTERNATE ITEMS:</u> PORK FRITTER CARROTS ANYTIME MENU OPTION	OPEN FACE HOT TURKEY SANDWICH STUFFING WAX BEANS BANANA BREAD CAKE <u>ALTERNATE ITEMS:</u> CHICKEN ALFREDO RED CABBAGE ANYTIME MENU OPTION	SWISS STEAK AND PEPPERS STEWED TOMATOES RICE PILAF CARAMEL APPLE CHEESECAKE <u>ALTERNATE ITEMS:</u> SHRIMP MIXED VEG ANYTIME MENU OPTION	GRILLED SALMON WILD RICE SUNSHINE CARROT KEY LIME PIE <u>ALTERNATE ITEMS:</u> MACARONI & BEEF PEAS ANYTIME MENU OPTION	*HM LASAGNA BROCCOLI GARLIC BREAD BUTTER PECAN COOKIES <u>ALTERNATE ITEMS:</u> PORK RIBLET WAX BEANS ANYTIME MENU OPTION
D I N N E R	BEEF STEW CRACKERS COTTAGE CHZ W/ FRUIT FRUITED JELLO <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HAM AND CHZ *HM NAVY BEAN SOUP STRAWBERRY ICE CREAM CUP <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BREADED CHICKEN ON BUN TATOR TOTS PICKLE CINNAMON APPLES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	SCALLOPED POTATOES AND HAM CARROTS CHOCOLATE PUDDING <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CHICKEN & DUMPLING SOUP ½ EGG SALAD SANDWICH FRESH FRUIT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BBQ PORK ON BUN COLESLAW PICKLE CHIPS ORANGE DREAMSICLE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	DELI CHICKEN SANDWICH LETTUCE/TOMATO POTATO CHIPS CRANBERRY FLUFF <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