

September 6TH – September 12TH

	SUNDAY 6 TH	MONDAY 7 TH	TUESDAY 8 TH	WEDNESDAY 9 TH	THURSDAY 10 TH	FRIDAY 11 TH	SATURDAY 12 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	POT ROAST W/MASH AND GRAVY ROASTED CARROT FRESH ROLL W/BUTTER PECAN PIE <u>ALTERNATE ITEMS:</u> PORK TENDERKNIT CREAM STLYE CORN ANYTIME MENU OPTION	BACON WRAPPED PORK FILLET CHEESY HASHBROWN PEAS CARAMEL APPLE CRISP <u>ALTERNATE ITEMS:</u> CABBAGE ROLLS WAX BEANS ANYTIME MENU OPTION	CHICKEN SALAD/ LETTUCE BED *HM MACARONI SALAD CHEESE & FRUIT CROISSANT PEANUT BUTTER BAR <u>ALTERNATE ITEMS:</u> SALSIBURY STEAK CABBAGE ANYTIME MENU OPTION	BEEF STROGANOFF EGG NOODLES BUTTERED CORN CINNAMON ROLL- CHERRY COBBLER <u>ALTERNATE ITEMS:</u> CATCH OF THE DAY MIXED VEG ANYTIME MENU OPTION	CAJUN CHICKEN ALFREDO ROASTED BROCCOLI GARLIC TOAST OREO-PISTACHIO PUDDING TART <u>ALTERNATE ITEMS:</u> VEGETABLE LASAGNA YAMS ANYTIME MENU OPTION	BAKED COD POTATO MEDLEY LEMON ASAPARAGUS TARTAR AND LEMON HEATH CHEESECAKE <u>ALTERNATE ITEMS:</u> CHICKEN BREAST BAKED BEANS ANYTIME MENU OPTION	BEEF RAVIOLI W/MARINARA PARMESEAN SAUTEED SPINCAH BREADSTICK PINNEAPPLE UPSIDE DOWN CAKE <u>ALTERNATE ITEMS:</u> BREADED FISH CARROTS ANYTIME MENU OPTION
D I N N E R	CHICKEN TENDERS MACARONI & CHEESE COUNTRY TRIO OREO COOKIE <u>LTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	MINESTRONE SOUP BREADSTICK PEACHES ICE CREAM CUP <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	GRILLED TURKEY PESTO SANDWICH BROCCOLI SLAW FRUITED JELLO <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HM FRENCH ONION SOUP HAM & PROVOLONE SANDWICH CHOCOLATE DONUT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HOT DOG ON A BUN BAKED BEANS POTATO SALD FRESH FRUIT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HAM AND BEAN SOUP BUTTERED RICE DINNER ROLL RICE KRISPIE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	DELI SANDWICH POTATO CHIPS PICKLE BAKED PEACH SAUCE PEACHES <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