

# September 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Italian Sausage w/Onions & Peppers on Roll Broccoli Carrots Watermelon	2 Tuna Macaroni Salad w/Lettuce & Tomato Apple Juice 12 Grain Bread Honeydew	3 BBQ Beef on Roll Coleslaw Steamed Potatoes Sherbet
<b>No Lunches Served Labor Day</b>	7 Meatballs w/Pasta & Sauce Apple Juice Tossed Salad w/Green Peppers & Tomatoes Italian Bread Pears	8 Chicken Salad w/Whole Wheat Pita Orange Juice Lettuce Tomato Oatmeal Cookie	9 Spanish Rice w/Ground Beef Cuke & Red Onion Salad Broccoli 12 Grain Bread Watermelon	10 Flameburger on Roll Summer Potato Salad Lettuce Tomato Mandarin Oranges
13 Cold Fried Chicken Breast Apple Juice Summer Potato Salad Corn o'Brien 12 Grain Bread Sherbet	14 Vegetable Lasagna Italian Blend Vegetables Peas Italian Bread Cantaloupe	15 Individual Meat Loaf w/Vegetable Gravy Mashed Potatoes Beets Wheat Dinner Roll Nectarine	16 Seafood Salad w/Lettuce & Tomato Chicken Gumbo w/Crackers 12 Grain Bread Honeydew	17 Sloppy Joes on Roll Romaine & Spinach Salad w/Ranch Dressing Green Beans Pineapple
20 Potato Crusted Tilapia w/Tartar Sauce Coleslaw Scandinavian Blend Veggies Peaches	21 Italian Sausage w/Onions & Peppers on Roll Steamed Potatoes Peas Watermelon	22 Oven Brownd Chicken Quarter Lima Beans Carrots Rye Bread Honeydew	23 Braised Pork Chop w/Gravy Mashed Potatoes Broccoli Dinner Roll Apple Pie	24 Goulash w/Ground Beef Grape Juice Italian Blend Vegetables Italian Bread Fruited Gelatin
27 Macaroni & Cheese Stewed Tomatoes Cauliflower 12 Grain Bread Fruit Cocktail	28 Chicken Cordon Bleu Mashed Potatoes w/Gravy Broccoli Wheat Dinner Roll Gingerbread Cupcake	29 Pork Riblet on Roll Coleslaw Steamed Potatoes Peaches	30 Swiss Steak w/Tomatoes, Onions & Peppers Mashed Potatoes Beets Dinner Roll Petite Banana	Oct 1 Seafood Salad w/Lettuce & Tomatoes Chicken Gumbo w/Crackers 12 Grain Bread Pears