



## September Lunch Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Spaghetti w/ Meat Sauce Seasoned Greens w/ Olive Oil Peach Berry Crumble  Garlic Bread	2 Brazilian Chicken Stroganoff Seasoned Barley Steamed Broccoli Fruit Cocktail Whole Wheat Roll
5 Chicken Pot Pie w/ Cobbler Topping Seasoned Green Beans Baked Apples Whole Wheat Roll	6 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable  Whole Wheat Roll (2)	7 Baked Honey Lemon Chicken Succotash Seasoned Beets  Whole Wheat Roll (2)	8 Turkey Salad 3 Bean Salad Sliced Pears  Whole Wheat Roll (2)	9 Baked Fish w/ Lemon Butter California Blend Vegetables Wild Rice Pilaf Mandarin Oranges Cinnamon Muffin
12 Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots  Whole Wheat Roll (2)	13 Baked Fish w/ Carrot Ginger Sauce Spoonbread Seasonal Vegetable Cinnamon Applesauce Blueberry Oatmeal-Lentil Muffin	14 Spanish Pork WW Egg Noodles Peach Crisp Seasoned Greens Whole Wheat Roll	15 Mac and Cheese Stewed Tomatoes Steamed Broccoli  Whole Wheat Roll	16 Roast Beef w/ Gravy Seasoned Peas Steamed Red Cabbage  Whole Wheat Roll (2)
19 Barbeque Pork Creamy Turmeric Grits & Greens Baked Apples Creamy Cole Slaw Whole Wheat Roll	20 Baked Fish w/ Citrus Sauce Summer Squash Souffle Seasonal Vegetable  Whole Wheat Roll (2)	21 Mildred's Meatloaf Seasoned Broccoli Baked Beans  Whole Wheat Roll (2)	22 Chicken Broccoli Casserole Whole Wheat Egg Noodles Green Beans Pears Whole Wheat Roll	23 Roast Pork Normandy Oven Roasted Sweet Potatoes Seasoned Asparagus  Whole Wheat Roll (2)
26 Egg and Cheese Omelet Roasted Root Vegetables Seasoned Greens  Whole Wheat Roll (2)	27 Roast Turkey w/ Gravy Cauli-Pinto Mashed Potatoes Seasonal Vegetable  Applesauce Bran Muffin/WW Roll	28 Salmon Teriyaki Cake Fried Brown Rice Asian Blend Vegetables Cinnamon Applesauce Whole Wheat Roll	29 Spaghetti w/ Meat Sauce Seasoned Greens w/ Olive Oil Peach Berry Crumble  Garlic Bread	30 Brazilian Chicken Stroganoff Seasoned Barley Steamed Broccoli Fruit Cocktail Whole Wheat Roll

Meals include non-fat dry milk, 100% fruit juice or fortified beverage packet. 1 pat Promise Spread. Menu is subject to change. Non-Discrimination Statement: In accordance with federal civil rights law and US Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies Offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.