









September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Choose MyPlate.gov</p>		 <p><i>Indicates Lower fat & Lower sodium meals</i></p>		 <p>1</p>
 <p>CLOSED </p>	<p>4</p> <p>5</p> <p>Corn chowder Chef salad with romaine, turkey ham, cheese, egg French dressing Wheat dinner roll peaches</p>	<p>6</p>	<p>7</p> <p>Salisbury steak/gravy Mashed potato Peas and carrots Wheat bread Apple juice Brownie</p>	<p>8</p>
<p>11</p>	<p>12</p> <p>Chicken parmesan Penne with sauce Parmesan cheese Tossed salad with cucumber and Italian dressing Italian bread Fresh fruit</p>	 <p>13</p>	<p>14</p> <p>Pot roast/gravy Baked potato/sour cream Chuck wagon blend Multi grain bread Fresh fruit</p>	 <p>15</p>
<p>18</p>	<p>19</p> <p>Stuffed pepper casserole Roasted potato Carrots Pumpnickel bread Grape juice Vanilla pudding with berries</p>	<p>20</p>	<p>21</p> <p>Spaghetti with clam sauce Tossed salad with tomato and Ranch dressing Italian bread Fruit Cocktail</p>	<p>22</p>
<p>25</p>	<p>26</p> <p>Chicken rice soup Potato crunch fish Tartar sauce/lemon Yellow rice and beans Bean blend Marble bread Pineapple</p>	<p>27</p> <p>Top 3 Healthy Heart Tips</p> 	<p>28</p> <p>Turkey/gravy Stuffing Acorn squash Wheat bread Pineapple juice Pie</p> <p>Happy Birthday Special</p>	<p>29</p>



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Building Relationships to End Poverty

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