

Monday	Tuesday	Wednesday	Thursday	Friday
To Cancel a Lunch Please contact Your center	1 Cheese Ravioli 9 oz Marinara ½ c Italian Vegetables ½ c Fruit 4 oz Milk	2 Tuna Stuffed Tomato 8 oz Pasta Salad 4 oz Fruit 4 oz Roll Milk	3 Dave's Pork Chop 4 oz Roasted Potato ½ c Mixed Vegetables ½ c Fruit 4 oz Milk	4 Baked Pollack 4 oz Mac & Cheese 4 oz Stewed Tomatoes ½ c Spinach ½ cup Fruit 4 oz Milk
7 Closed for Labor Day	8 Chilled Chicken 4 oz Romaine Ceasar Salad 2 c Croutons 1/4 c Fruit 4 oz Milk	9 Hamburger 4 oz Whole Wheat Bun Lettuce, Tomato, Onion Cauliflower ½ c Fruit 4 oz Milk	10 Pulled Pork BBQ 4 oz Roasted Potato ½ cup Carrots 1 c Fruit 4 oz Milk	11 Baked Ham 4 oz Scalloped Potatoes ½ c California Vegetables ½ c Roll Fruit 4 oz Milk
14 Beef Chili 8 oz Brown Rice ½ c Corn ½ c Fruit 4 oz Milk	15 Mild Jerk Chicken 4 oz Coconut Rice ½ c Peas and Carrots 1 cup Fruit 4 oz Milk	16 Loyd's Chicken Salad 4 oz Lettuce, Tomato, Onion Whole Wheat Bun Tossed Salad 1 c Milk	17 Vito's Bolognese ½ c Whole Wheat Penne 1 c Mixed Vegetables ½ c Fruit Cup 4 oz Milk	18 Turkey Tetrizzini 8 oz Egg Noodles ½ c Peas and Carrots ½ c Roll Fruit 4 oz Milk
21 Chicken Primavera Chicken Breast 4 oz Vegetable Cream sauce 4 oz Whole Wheat Penne ½ c Fruit 4 oz Milk	22 Meatloaf w/ Gravy 4 oz Mashed Potato ½ c Mixed Vegetables 1 c Roll Fruit 4 oz Milk	23 Lemon Herb Chicken 4 oz Rice Pilaf 1 c Peas And carrots 1 c Fruit 4 oz Milk	24 Chicken Fajitas 4 oz Onions & Peppers 1 c Whole Grain Tortilla 2 ea Fruit 4 oz Milk	25 Baked Tilapia 4 oz Rice Pilaf ½ c California Blend ½ c Fruit 4 oz Milk
28 Beef Stew over Biscuit 8 oz Mixed Vegetables 1 c Fruit 4 oz Milk	29 Chicken Alfredo 8 oz Penne Pasta ½ c Mixed Vegetables 1c Fruit 4 oz Milk	30 BBQ Chicken Breast 4 oz Baked Beans 5 oz Green beans 1 c Cornbread Fruit 4 oz Milk	Meals Funded by: 	