

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chipped Ham Sandwich Provolone Cheese Three Bean Salad Coleslaw Hamburger Bun Applesauce	2 Chicken Cutlet with Country White Gravy Mashed Potatoes Peas Wheat Bread Peaches	3 Creamy Tuna Salad Sandwich Tuna, Mayo) Crispy Broccoli Salad Pickled Beet Salad White Bread Seasonal Fresh Fruit	4 Bagged Lunch Turkey on Whole Wheat Lettuce & Tomato Potato Salad Fresh Fruit Brownie
Happy Labor Day! 	8 Hot Dog Coleslaw Pasta Salad Hot Dog Bun Fresh Fruit Marshmallow Fluff	9 Fire Grilled Chicken Breast Cheesy Broccoli & Rice Carrots Diced Pears Dinner Roll 	10 Cheeseburger Golden Roasted Potatoes Mixed Vegetables Hamburger Bun Mandarin Oranges	11 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn White Bread Cookie
14 BBQ Pulled Pork Sandwich Cheesy Potatoes Peas Hamburger Bun Pineapple Tidbits	15 Chicken Salad Sandwich Marinated Tomato Cucumber Salad Macaroni Salad Seasonal Fresh Fruit Hamburger Bun	16 Swedish Meatballs Buttered Noodles Green Beans Dinner Roll Applesauce	17 Turkey Chef Salad Turkey, HB Egg, Cheddar, over Mixed Greens w/ Tomato Vegetable Soup Wheat Bread Pudding	18 Salisbury Steak w/ Gravy Baked Potato w/ Margarine Mixed Vegetables Wheat Bread Cookie
21 Potato Crusted Pollock w/ Tbsp. Corn & Red Pepper Relish Macaroni & Cheese Stewed Tomatoes Seasonal Fresh Fruit 	22 Bagged Lunch Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Cookie	23 Chicken Philly Sandwich Cream of Potato Soup Coleslaw Hot Dog Bun 	24 Taco Salad Taco Meat, Cheddar, Lettuce, Tomato, Salsa Tortilla Chips Rice Pineapple 	25 Roast Beef w/ Gravy Mashed Potatoes Coin Carrots Italian Bread Peaches
28 Lasagna Roll Up w/ Red Sauce Garlic Green Beans Garlic Herb Breadstick Diced Peaches 	29 Sweet & Sour Chicken Steamed Brown Rice Island Blend Vegetables Wheat Bread Seasonal Fresh Fruit	30 Pizza Burger Carrots hot Dog Bun Fresh Fruit	Fiber promotes digestion and heart health. Aim for whole grains and vegetables in the amount of 30g for men and 21g for women daily!	