



# Nutrition Menu

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## September 2020

Office Hours: 9am-1pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Curbside Meal Lunch Pickup at 11:30am Milk is Served With Each Meal		Tuna Salad w/lettuce Pickled Beets Orange Juice Pasta Salad Crackers Cake	Chili w/beef and beans Broccoli Orange Juice Pimento Cheese Sandwich Jello	Roast Beef & Cheese Sub Garden Salad Mandarin Oranges Cookie	Spaghetti w/Meat Sauce California Blend Vegetables Baked Spice Apples Garlic Bread Pudding	Donations are Needed, Accepted and Appreciated.
6	 7	Turkey&Ham Club w/cheese Tossed Salad Fruit Cocktail Spice Cake	Meatloaf w/red sauce Lima Beans Pineapple Chunks Brown Rice Wheat Bread/Roll	Chicken Salad Beets Orange Juice Pasta Salad Crackers Angel Cake	BBQ Sandwich Coleslaw Fresh Fruit Buttered Potatoes Graham Crackers	12
13	Baked Pork Chop Collards Potatoes Au Gratin or scalloped Fruit Crisp Roll	Chicken Wrap with Cheese Cucumber & Tomato Salad Macaroni Salad Peaches Pudding with Topping	Baked Ham Cabbage Pears Sweet Potatoes w/marshmallows Wheat Roll or Bread	Turkey Sub w/cheese Tossed Salad Fruit Cocktail Cake	Lasagna w/beef California Blend Vegetables Orange Juice Corn Garlic Bread	19
20 	Salisbury Steak w/gravy Peas and Carrots Pineapple Chunks Mashed Potatoes Wheat Roll/Bread Apple Crisp	Chicken Salad with Lettuce Three Bean Salad Orange Juice Macaroni Salad Crackers Chocolate Chip Cookies	Roasted Pork w/gravy Stewed Potatoes Fresh Orange Succotash Cornbread Cookie	Chef Salad with Ham & Cheese Strawberries Potato Salad Crackers Cookie	Cheeseburger w/bun Baked Beans Baked Cinnamon Apples Cake	26
27	BBQ Chicken Leg Quarter Peas Mac & Cheese Fresh Fruit Corn Muffin	Tuna Salad w/lettuce Pickled Beets Orange Juice Pasta Salad Crackers Cake	Chili w/beef and beans Broccoli Orange Juice Pimento Cheese Sandwich Jello		September 21-25 Falls Prevention Awareness Week	