




# September 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	 Menu approved by: Jill Riffle MS, RDN, LD		1 Hamurger 3 oz Diced Potatoes 1/2 cup Corn 1/2 cup Wheat Bun 3 oz Diced Peaches 1/2 cup Milk 8 oz	2 Western Omlet 3 oz Diced Potatoes 1 1/2 cup Broccoli 1/2 cup Dinner Roll 2 oz Fruit cup Milk 8oz
5  <b>CLOSED FOR LABOR DAY</b>	6 Tuna Salad 3 oz Pasta Salad 1/2 cup Cole Slaw 1/2 cup Bun Fruit Cup Milk 8 oz	7 BBQ Chicken 3 oz Diced Potatoes 1/2 cup California Blend 1/2 cup Wheat Bread 1 Slice Grapes Milk 8 oz	8 Meatloaf w/Gravy-3 oz Parsley Potatoes 1/2 cup. Peas-1/2 cup Corn Muffin-2 oz. Jell-o w/Fruit Milk-8 oz.	9 Turkey Sausage w/Peppers Diced Carrots 1/2 cup Diced Potatoes 1/2 cup Hot Dog Bun Fruit Cup Milk 8 oz
12 Swedish Meatballs-4 oz Egg Noodles-1/2 cup Capri Blend 1/2 c Wheat Bread 1 Slice Fruit Cup Milk-8 oz.	<b>13 TACO TUESDAY!</b> Beef Taco 4 oz Lettuce, Tomato, Onions, Sour Cream, Salsa, Cheese Spanish Rice 4 oz Fruit Cup Milk 8 oz	14 Hot Dog 3 oz German Potatoe Salad Corn 1/2 cup Hot Dog Bun Fruit Cup Milk 8 oz	15 Sloppy Joe 3 oz Diced Potatoes 1/2 cup Broccoli 1/2 cup Bun 3 oz Banana Milk 8 oz	16 Riblets w/Gravy Fried Rice 1/2 cup Oriental Vegetable 1/2 cup Wheat Bread 1 Slice Fruit cup Milk 8 oz
19 BBQ Chicken 3 oz Diced Potatoes 1/2 cup Green Beans 1/2 cup Dinner Roll 2 oz Fruit Cup Milk 8 oz	20 Goulash 1 cup Garden Salad 1/2 cup Corn 1/2 cup Applesauce Dinner Roll 2 oz Milk 8 oz	21 Egg Salad 3 oz Potato Salad 1/2 cup 3-Bean Salad 1/2 cup Bun Fruit Cup Milk 8 oz	22 Beef Stew 1 cup Macaroni Salad 1/2 cup Wax Beans 1/2 cup Biscuit 1-2.85 oz Sliced Apples 1/2 cup Milk 8 oz	23 Meatball Sub w/ 3 oz. meat Red Skin Potatoes-1/2 cup Three Bean Salad-1/2 cup Sub Bun-2 oz. Mixed Fruit-1/2 cup Milk-8 oz.
26 Sausage Gravy 1 cup Brussel Sprout 1/2 cup Diced Potatoes 1/2 cup 1 Biscuit 2.85 oz Fruit Cup Milk 8 oz	27 Macaroni & Cheese-1 cup Stewed Tomatoes 1/2 cup Carrots 1/2 cup BlueBerry Muffin Fruit Cup Milk-8 oz.	28 Cabbage Roll-3 oz Mashed Potatoes 1/2 cup Mixed Vegetables-1/2 cup Dinner Roll-2 oz. Fruit Cup-1/2 cup Milk-8 oz.	<b>29 OKTOBERFEST!</b> Bratwurst & Bun 4 oz Peppers & Onions Saurkraut 1/2 cup German Potato Salad 1 cup Applesauce-1/2 cup Milk-8 oz.	30 Salisbury Steak-3 oz. Scalloped Potatoes-1/2 cup Peas 1/2 cup Wheat Bread-1 Slice Milk-8 oz. Fruit Cup

