



September 2010

Cycle 3, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		Pepper Beef Patty with Gravy Garlic Whipped Potatoes Mixed Greens Cornbread Fresh Banana Milk Diet – Same 9/1	Almond Dijon Chicken* Diced Beets Green Beans Whole Wheat Bread Mandarin Orange/Pineapple Milk Diet – Diet 9/2	Labor Day Frankfurter Baked Pinto Beans Carrot Raisin Salad Hog Dog Bun Peach Cobbler Milk Mustard and Catsup Diet – Sliced Peaches 9/3
Closed for Holiday	Baked Chicken Sweet Potato Casserole Zucchini Wheat Roll Tropical Fruit Milk Diet – Same 9/6	Tuna Salad Pasta Salad Green Pea Salad Whole Wheat Bread (2) Oatmeal Cookie Milk Diet – Cookie 9/8	Cheesy Beef Macaroni* Mixed Greens Sliced Carrots Cornbread Fresh Fruit Milk Diet – Same 9/9	Breaded Chicken Patty Tossed Salad Parslied Diced Potatoes Hamburger Bun Peach Cobbler Milk Assorted Salad Dressing Mustard Diet – Sliced Peaches 9/10
Smoked Turkey Sausage Cajun Rice* Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Diet – Same 9/13	Grilled Beef Fingers Brown Gravy Black-Eyed Peas Corn O'brien Dinner Roll Strawberry Cake Milk Diet – Cake 9/14	Oven Fried Chicken Cut Yams Lima Beans Whole Wheat Bread Ambrosia Salad Milk Diet – Ambrosia Salad 9/15	Special Meal Chicken Fajita Meat Shredded Cheese Lettuce and Tomato Refried Beans Flour Tortilla Fresh Orange Milk Picante Sauce Diet – Same 9/16	Honey Grilled Pork Ranch Beans Broccoli with Carrots Whole Wheat Bread Strawberry Cheesecake Pudding* Milk Diet – Vanilla Pudding 9/17
Garlic Rosemary Chicken* Lima Beans Mediterranean Vegetables Texas Bread Peaches and Pears Milk Diet – Same 9/20	Beef Spaghetti Casserole Tossed Salad Okra and Tomatoes Whole Wheat Bread Cinnamon Applesauce Milk Assorted Salad Dressing Diet – Cinnamon Applesauce 9/21	Creole Turkey* Black-Eyed Peas Mixed Greens Cornbread Chocolate Chip Cookie Milk Diet – Cookie 9/22	Grilled Pork with Gravy Delmonico Potatoes Diced Carrots Whole Wheat Bread Cherry Gelatin Milk Diet – Gelatin 9/23	Special Meal Meatloaf with Brown Gravy Macaroni and Cheese Green Beans/Red Peppers Wheat Roll Sliced Peaches Milk Diet – Same 9/24
Beef Chili Confetti Rice Broccoli Saltine Crackers Fresh Fruit Milk Diet – Same 9/27	Turkey Taco Meat Shredded Cheese Lettuce and Tomato Corn O'brien Pinto Beans Flour Tortilla Peanut Butter Cookie Milk Taco Sauce Diet – Cookie 9/28	Teriyaki Chicken Fried Rice Green Beans/Onions/Peppers Whole Wheat Bread Glazed Fruit Milk Diet – Fruit Cup 9/29	Hamburger Patty Lettuce / Tomato / Onion Hot Potato Salad Hamburger Bun Peach Cobbler Milk Mayo, Mustard, or Catsup Diet – Hot Sliced Peaches 9/30	

* - New Item

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