

# SEPTEMBER Breakfast Menu

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <b>1</b><br><br>Happy Labor Day  | <b>2</b><br>Buttermilk Pancakes<br>Sausage Patty<br>Hash Brown Patty<br>Pineapple<br>Pop Tarts or Granola Bars  | <b>3</b><br>Breakfast Pizza<br>Grits<br>Hard-Boiled Eggs<br>Applesauce<br>Pop Tarts or Granola Bars       | <b>4</b><br>Cheese Omelet<br>Bacon<br>Cinnamon Roll<br>Grapes<br>Pop Tarts or Granola Bars                             | <b>5</b><br>Chicken and Waffle Sticks<br>Grits<br>Pears<br>Pop Tarts or Granola Bars               |
| <b>8</b><br>Scrambled Eggs<br>Grits<br>Bacon<br>Peaches<br>Assorted Muffins                            | <b>9</b><br>Sausage, Egg and Cheese Croissant<br>Oatmeal<br>Pineapple<br>Assorted Muffins                       | <b>10</b><br>Steak Biscuit<br>Cheesy Grits<br>Cinnamon Apples<br>Assorted Muffins                         | <b>11</b><br>French Toast Sticks<br>Bacon<br>Hash Brown Patty<br>Yogurt Parfaits<br>Grapes<br>Assorted Muffins         | <b>12</b><br>Sausage Gravy Biscuit<br>Sausage Patty<br>Grits<br>Pears<br>Assorted Muffins          |
| <b>15</b><br>Scrambled Eggs<br>Grits<br>Bacon<br>Peaches<br>Danish                                     | <b>16</b><br>Buttermilk Pancakes<br>Sausage Patty<br>Hash Brown Patty<br>Pineapple<br>Danish                    | <b>17</b><br>Chicken Biscuit<br>Cheesy Grits<br>Applesauce<br>Danish                                      | <b>18</b><br>Cheese Omelet<br>Cinnamon Roll<br>Sausage Link<br>American Fries<br>Grapes<br>Danish                      | <b>19</b><br>Chicken and Waffle Sticks<br>Grits<br>Pears<br>Danish                                 |
| <b>22</b><br>Scrambled Eggs<br>Grits<br>Bacon<br>Peaches<br>English Muffins or Bagels                  | <b>23</b><br>Breakfast Casserole<br>Tater Tots<br>Pineapple<br>English Muffins or Bagels                        | <b>24</b><br>Funnel Cake Waffles<br>Oatmeal<br>Ham Slices<br>Cinnamon Apples<br>English Muffins or Bagels | <b>25</b><br>Bacon, Egg and Cheese Biscuit<br>American Fries<br>Yogurt Parfaits<br>Grapes<br>English Muffins or Bagels | <b>26</b><br>Sausage Gravy Biscuit<br>Sausage Patty<br>Grits<br>Pears<br>English Muffins or Bagels |
| <b>29</b><br>Scrambled Eggs<br>Grits<br>Bacon<br>Sausage Patty<br>Peaches<br>Pop Tarts or Granola Bars | <b>30</b><br>Buttermilk Pancakes<br>Sausage Patty<br>Hash Brown Patty<br>Pineapple<br>Pop Tarts or Granola Bars |   |  |  |

Milk, Juice, Whole Fruit, Assorted Cereal, Assorted Yogurt and Graham Crackers are available at all breakfast meals.

# SEPTEMBER Lunch Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <b>1</b><br><br>Happy Labor Day   | <b>2</b><br>General Tso's Chicken<br>Fried Rice<br>Egg Roll<br>Peas and Carrots<br>Grilled Cheese<br>Pimento Cheese on White Bread<br>Mandarin Oranges                              | <b>3</b><br>BBQ Pork Chops<br>Chicken Wings<br>Scalloped Potatoes<br>Green Beans<br>BLT on Sourdough Bread<br>Peaches   | <b>4</b><br>Fried Chicken<br>Mashed Potatoes<br>Green Beans<br>Yeast Roll<br>American Sub<br>Pineapple                 | <b>5</b><br>Pulled Pork<br>Corn Dogs<br>Macaroni and Cheese<br>Baked Beans<br>Ham and Swiss on Mable<br>Rye Bread<br>Tropical Fruit Mix                       |
| <b>8</b><br>Chicken Fried Steak<br>Mashed Potatoes and Gravy<br>Bologna and Cheese<br>Spinach<br>Dinner Roll<br>Spicy Italian Wrap<br>Mixed Fruit | <b>9</b><br>Jamaican Jerk Chicken<br>Chicken Dippers<br>Corn<br>Couscous<br>Turkey Bacon Sliders<br>Mandarin Oranges  | <b>10</b><br>Beef Pot Roast with Roasted Carrots<br>Chicken Drumsticks<br>Rice and Gravy<br>Boiled Cabbage<br>Chicken Salad Croissant<br>Peaches                    | <b>11</b><br>Swedish Meatballs<br>Buttered Noodles<br>Mini Corn Dogs<br>Asparagus<br>Buffalo Chicken Wrap<br>Pineapple | <b>12</b><br>Pizza Day<br>Cheesy Breadstick with Marinara<br>Mixed Vegetables<br>Salami and Provolone on Sourdough Bread<br>Tropical Fruit Mix                |
| <b>15</b><br>Orange Chicken<br>Baked Tilapia<br>Fried Rice<br>Egg Rolls<br>Broccoli<br>Turkey and Cheddar on Wheatberry Bread<br>Mixed Fruit      | <b>16</b><br>Salisbury Steak<br>Greek Chicken<br>Rice and Gravy<br>Mixed Vegetables<br>Pimento Cheese on White Bread<br>Mandarin Oranges  | <b>17</b><br>Cheese Ravioli<br>Hot Dogs with Chili<br>Crinkle Cut Fries<br>Carrots<br>BLT on Sourdough Bread<br>Peaches   | <b>18</b><br>Meatloaf<br>Popcorn Chicken<br>Mashed Potatoes and Gravy<br>Turnip Greens<br>American Sub<br>Pineapple    | <b>19</b><br>Fish & Chips<br>Macaroni and Cheese<br>Sloppy Joes<br>Green Peas<br>Ham and Swiss on Mable<br>Rye Bread<br>Tropical Fruit Mix                    |
| <b>22</b><br>Bacon Cheeseburgers<br>Hot Ham and Cheese Sandwich<br>Crinkle Cut Fries<br>Green Beans<br>Spicy Italian Wrap<br>Mixed Fruit          | <b>23</b><br>Taco Tuesday!<br>Beef Tacos or Chicken Enchiladas<br>Spanish Rice<br>Refried Beans with Salsa, Sour Cream, Lettuce, Cheese<br>Turkey Bacon Sliders<br>Mandarin Oranges | <b>24</b><br>Southern Style Buffalo<br>Chicken Sandwich<br>Philly Cheese Steak<br>Hot Dogs with Chili<br>Waffle Fries<br>Corn on the Cob<br>Chicken Salad Croissant | <b>25</b><br>Cheeseburger Mac<br>Chicken Dippers<br>Green Beans<br>Potato Wedges<br>Buffalo Chicken Wrap<br>Pineapple  | <b>26</b><br>Chicken Parmesan<br>Penne Pasta with Marinara<br>Cheesy Breadsticks<br>Broccoli<br>Salami and Provolone on Sourdough Bread<br>Tropical Fruit Mix |
| <b>29</b><br>Baked Ziti with Garlic Bread<br>Fish Bites<br>Crinkle Cut Carrots<br>Turkey and Cheddar on Wheatberry Bread<br>Mixed Fruit           | <b>30</b><br>Greek Chicken Salad<br>Grilled Cheese<br>Mixed Vegetables<br>Mandarin Oranges<br>American Sub  |   |  |   |

Milk, Juice, Whole Fruit, Assorted Cereal, Assorted Yogurt and Graham Crackers are available at all lunch meals.

# SEPTEMBER Dinner Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Sunday   |
|--|---|--|--|--|
| <b>1</b><br>Beef Stroganoff<br>Egg Noodles<br>Green Beans<br>Fresh Baked Cookie                        | <b>2</b><br>Hamburger<br>Tater Tots<br>Baked Beans<br>Tossed Salad<br>Fruit Cobbler                       | <b>3</b><br>Chicken Alfredo over<br>Fettuccini<br>Cauliflower<br>Garlic Breadstick<br>Tossed Salad<br>Cupcakes | <b>4</b><br>Hot Dogs with Chili<br>Tater Tots<br>Cole Slaw<br>Tossed Salad<br>Frosted Brownie  | <b>7</b><br>Meatloaf<br>Mashed Potatoes<br>Corn<br>Fresh Baked Cookie                              |
| <b>8</b><br>Cheeseburger Mac<br>Garlic Bread<br>Green Beans<br>Tossed Salad<br>Ice Cream               | <b>9</b><br>Lasagna<br>Garlic Bread<br>Squash Medley<br>Tossed Salad<br>Fruit Cobbler                     | <b>10</b><br>Hot Ham and Cheese<br>Sandwich<br>Potato Wedges<br>Mixed Vegetables<br>Tossed Salad<br>Cupcakes   | <b>11</b><br>Chicken Parmesan<br>Penne Pasta<br>Italian Green Beans<br>Tossed Salad<br>Frosted Brownie   | <b>14</b><br>Chicken Pot Pie<br>Rice with Gravy<br>Mixed Vegetables<br>Pears<br>Fresh Baked Cookie |
| <b>15</b><br>Corn Dogs<br>French Fries<br>Corn on the cobb<br>Tossed Salad<br>Ice Cream                | <b>16</b><br>Beans and Franks<br>White Rice<br>Crinkle Cut Carrots<br>Tossed Salad<br>Fruit Cobbler       | <b>17</b><br>Sweet and Sour Chicken<br>White Rice<br>Egg Roll<br>Asian Vegetables<br>Tossed Salad<br>Cupcakes  | <b>18</b><br>Nacho Bar<br>Tortilla Chips<br>Ground Beef, Queso,<br>Lettuce, Tomato, Sour<br>Cream and Salsa<br>Tossed Salad<br>Frosted Brownie | <b>21</b><br>Pizza<br>Garlic Breadstick<br>Mixed Fruit<br>Fresh Baked Cookie                       |
| <b>22</b><br>Spaghetti and Meat<br>sauce<br>Garlic Breadstick<br>Broccoli<br>Tossed Salad<br>Ice Cream | <b>23</b><br>Beef Stew<br>Rice & Gravy<br>Biscuit<br>Peas and Carrots<br>Tossed Salad<br>Fruit Cobbler    | <b>24</b><br>BBQ Chicken Legs<br>Macaroni and Cheese<br>Mixed Vegetables<br>Tossed Salad<br>Cupcakes           | <b>25</b><br>Grilled Chicken<br>Rice Pilaf<br>Green Peas<br>Tossed Salad<br>Frosted Brownie  | <b>28</b><br>Beef Stroganoff<br>Egg Noodles<br>Green Beans<br>Fresh Baked Cookie                   |
| <b>29</b><br>Hamburger<br>Tater Tots<br>Baked Beans<br>Tossed Salad<br>Ice Cream                       | <b>30</b><br>BBQ Pork Chops<br>Scalloped Potatoes<br>Crinkle Cut Carrots<br>Tossed Salad<br>Fruit Cobbler |  |  |  |