


Mon	Tue	Wed	Thu	Fri
				<p>1 Chicken Veggie Signifry—8 oz. (FR) WG Fried Rice—4 oz. Grapes—4 oz. Skim Milk—8 fl. Oz.</p>
	<p>5 Baked Chicken—3oz. WG Honey Roll—1 each Glazed Carrots—1/2 c.(FR) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>6 Chicken Fajitas—4 oz. WG Tortilla—1 each Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>7 Cheeseburger—2 oz. Wheat Bun—1 each Roasted Potatoes—1/2 c. (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>8 Salisbury Steak—2 oz. Garlic Bread—1 each Mashed Potatoes-1/2 c(FR) Sliced Melon-4 oz. (FR) Skim Milk—8 fl. Oz.</p>
<p>11 Sloppy Joeys—3 oz. Wheat Bun—1 each Corn on the Cob—1each(FZ) Apple—1 each (FR) Skim Milk—8 fl. Oz.</p>	<p>12 Chili Mac—4 oz. Saltine Crackers—6 each Baked Potato—1 each(FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. Oz.</p>	<p>13 Orange Glazed Chicken—2 oz. Garlic Bread—1 each Carrots w/ Ranch—1/2 c(FR) Mandarin Oranges—4 oz. (CN) Skim Milk—8 fl. oz.</p>	<p>14 Chicken Enchilada—4 oz. WG Spanish Rice—4 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>15 Turkey Ham & Cheese Pizza Casserole—4 oz. Garden Salad—1/2 cup (FR) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. Oz.</p>
<p>18 Sweet & Sour Chicken—3 oz. WG Brown Rice—4 oz. Garden Salad—1/2 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>19 Spaghetti w/ Meat Sauce—4 oz WG Honey Roll—1 each Steamed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>20 Chicken Cordon Bleu Bake—4 oz. Garlic Bread—1 each Baby Carrots w/ Ranch—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>21 Chicken Queso—4 oz. Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>22 Stuffed Chicken—2 oz. Pasta Salad—3 oz. Broccoli Casserole—1/2 cup (FZ) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>
<p>25 Beef Nachos—3 oz. Tortilla Chips—1 oz. Lettuce/Tomato Salad—1/2 cup (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>26 Beef Fajitas—4 oz. WG Tortilla—1 each Garden Salad—1/2 cup (FR) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>27 Chicken N Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>28 Chicken Parm Bake—4 oz. WG Honey Roll—1 each Steamed Veggies—1/2 cup (FZ) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>29 Philly Cheesesteak—3 oz. Wheat Hot Dog Bun—1 each Broccoli w/ Ranch—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>

SEPTEMBER