

# SEPTEMBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

OFF

3

4

OFF

Chicken and Waffles  
Mixed Berries  
Carrot Sticks with Ranch

Mac and Cheese  
Fruit  
Garlic Bread

Pulled Pork and Bun  
Chips  
Fruit and Yogurt Parfait

8

9

OFF

10

11

OFF

Hamburger with Bun  
Chips  
Cucumber slices  
Orange Slices

Spaghetti with Meat  
Sauce  
Bread  
Green Salad

Teriyaki Chicken  
Fried Rice  
Pineapple Wedge

15

16

OFF

17

18

OFF

Hot Dog  
Baked Beans  
Mixed Berries  
Chips

Penne With Marinara  
Dinner Roll  
Green Salad  
Peaches

Cheese or Chicken  
Quesadilla  
Fruit  
Cucumber slices

22

23

OFF

24

25

OFF

Chicken Tenders  
Pineapple  
Green Beans

Nachos with Beef  
Salsa/Sour Cream  
Oranges

Grilled Cheese  
Chips  
Carrots with Ranch  
Fruit

29

30

OFF