

















Monday	Tuesday	Wednesday	Thursday	Friday
 Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume  - Vegetarian Entrée			Country Fried Steak*  Country Gravy Whipped Potatoes Squash/Zucchini/Tomato Dinner Roll Fresh Fruit Birthday Cake  Milk Margarine Diet – Same Cal: 975 36.6gm Fat 1	Labor Day  Smoked Sausage Potato Salad Ranch Beans Hot Dog Bun Apple Cobbler Milk Mustard Diet – Cinnamon Applesauce Cal: 873 23.7gm Fat 2
Closed for Holiday 5	Cheese Ravioli with Marinara#  Broccoli Sliced Carrots Whole Wheat Breadstick Oatmeal Cream Cookie Milk Margarine Diet – Same Cal: 676 21.7gm Fat 6	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Spiced Peaches Cal: 853 24.6gm Fat 7	Ham and Black-Eyed Peas Country Tomatoes Baked Beans Turnip Greens Cornbread Fresh Banana Milk Margarine Diet – Same Cal: 633 20.7gm Fat 8	Oven Fried Chicken Thigh Lima Beans Capri Vegetables Dinner Roll Fruited Lime Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 916 32.7gm Fat 9
Turkey Tetrizzini Cauliflower Squash/Zucchini/Tomato Dinner Roll Fresh Fruit Milk Margarine Diet – Same Cal: 628 19.6gm Fat 12	BBQ Pork Rib Patty*  Oven Roasted Potatoes Garden Vegetables Hamburger Bun Mud Pie Pudding Milk Diet – Chocolate Pudding Cal: 811 24.2gm Fat 13	Potato Crusted Fish  Macaroni and Cheese Green Beans Whole Wheat Bread Fresh Fruit Milk Tartar Sauce Diet – Same Cal: 721 26.2gm Fat 14	Chicken Salad Carrot Raisin Salad Tomato Spoon Relish Saltine Crackers Rice Crispy Bar Milk Diet – Same Cal: 615 20.6gm Fat 15	Diez y Seis  Beef Taco Lettuce/Tomato/Onion Charro Beans Flour Tortilla Apple Cobbler Milk Taco Sauce Diet – Spiced Apples Cal: 795 25.1gm Fat 16
Bruschetta Chicken Meatballs* Penne Pasta Italian Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 680 22.6gm Fat 19	Turkey Pot Pie Broccoli Okra and Tomatoes Dinner Roll Creamsicle Pudding Milk Margarine Diet – Vanilla Pudding Cal: 707 19.4gm Fat 20	Hamburger Patty*  Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Spiced Peaches Cal: 977 37.6gm Fat 21	Turkey Breast with Gravy  Mixed Beans Cabbage Cornbread Fresh Orange Milk Margarine Diet – Same Cal: 710 19.4gm Fat 22	Special Meal  Meatloaf* with Tomato Gravy Macaroni and Cheese Green Beans w/Red Peppers Dinner Roll Strawberry Cake Milk Margarine Diet – Same Cal: 835 28gm Fat 23
Smoked Sausage  Whole Kernel Corn California Vegetables Hot Dog Bun Fresh Fruit Milk Mustard Diet – Same Cal: 605 18.3gm Fat 26	Creole Beef* Green Peas with Onions Sliced Carrots Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet – Same Cal: 739 29.2gm Fat 27	Turkey Spaghetti Tossed Salad Sliced Carrots Green Beans Whole Wheat Breadstick Apple Cobbler Milk Margarine Ranch Salad Dressing Diet – Mandarin Oranges Cal: 813 30.9gm Fat 28	Asian Ginger Diced Chicken*  Fried Rice Broccoli Whole Wheat Bread Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 693 20.1gm Fat 29	Tuna Pasta Salad  Marinated Vegetable Salad#  Pickled Beets Saltine Crackers Fresh Fruit Milk Diet – Same Cal: 752 16.7gm Fat 30