



Lunch menu

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				Barbeque chicken 1 Collard greens Yellow rice Fresh fruit Beverage
Lasagna w/meat sauce 4 Vegetable medley Green peas Vanilla pudding Beverage	Philly steak & cheese 5 on hoagie roll Potato wedges Peppers, mushrooms, onions Fruit cocktail Beverage	Cube steak with gravy 6 Roasted Brussel sprouts Carrots Yellow rice Yogurt Beverage	Chipped barbeque 7 chicken with bun Baked beans Coleslaw Spiced apples Beverage	Chicken and broccoli 8 rice casserole Sliced carrots Peach crunch Beverage
Creole baked fish 11 Okra and tomatoes Rice Fruit cobbler Beverage	Tuna salad 12 Tossed salad Potato salad Crackers Fruit cocktail Beverage	Beef stew with onions 13 and carrots Black-eyed peas Yellow rice Fresh fruit Beverage	Sausage with peppers 14 and onions with roll Rutabagas Lima beans Pudding Beverage	Pork Chop with gravy 15 Green peas Macaroni and cheese Pineapple tidbits Beverage
Chicken salad 18 Sliced tomatoes, lettuce Pasta salad Crackers Lemon pound cake Beverage	Salisbury steak w/gravy 19 Rice Steamed broccoli Squash and onions Fresh fruit Beverage	Chicken fricassee 20 Mustard greens Macaroni & cheese Fruit cup Beverage	Beef hot dog w/bun 21 Baked beans Cole slaw Ketchup and mustard Fruit cobbler Beverage	Spaghetti w/meat sauce 22 Sweet carrots Green beans Garlic bread Fresh fruit Beverage
Turkey & cheese on bun 25 Potato salad Carrot raisin salad Lettuce/tomato/mayo Fresh fruit Beverage	Pot Roast with onions 26 and carrots Broccoli Mashed potatoes Chocolate chip cookie Beverage	Lemon pepper fish 27 Cabbage Red beans and rice Yogurt Beverage	Hamburger with bun 28 Sweet potato wedges Lettuce, tomato, onion Mustard/mayo Fruit cobbler Beverage	Barbeque chicken 29 Collard greens Yellow rice Fresh fruit Beverage

*Menu subject to market availability

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