

| | | | |
|---|--|---|--|
| <p>2 Chicken Grill Bites Sweet & Sour Sauce Roasted Red Potatoes Stew Tomatoes with Zucchini Mixed Fruits -- All Whole Wheat Bread</p> | <p>3 NO MEAL VOLUNTEER & EMPLOYEE APPRECIATION</p> | <p>4 Baked Fish a la Ritz Whipped Potatoes Succotash Butterscotch Pudding Applesauce Cup - All Multigrain Bread</p> | <p>5 Southern Style Creamed Chicken Qtr Dirty Rice Stewed Tomato with Okra P'Butter Cookie -- All Snowflake Dinner Roll</p> |
| <p>Calories: 822 Fat: 35% Chol: 50 mg Na: 1136 mg CHO: 104 gm</p> | | <p>Calories: 693 Fat: 20% Chol: 115 mg Na: 544 mg CHO: 94 gm</p> | <p>Calories: 661 Fat: 41% Chol: 63 Na: 914 CHO: 69</p> |
| <p>9 Grape Juice Meatballs with Macaroni/Tom Sauce California Veggies Applesauce Cup - All Multigrain Bread</p> | <p>10 Chef's Choice Whipped Potatoes Carrot Coins Fruit Smoothie Diet Fruit Yogurt Light Rye Bread</p> | <p>11 Apple Juice Chicken Salad Plate Shredded Lettuce Pasta Salad Pickled Beets Fresh Fruit -- All Pita Bread</p> | <p>12 Fruit Punch Cheeseburger Ketchup & Relish Mixed Vegetables LS Potato Chips Apple Crisp Hamburger Roll</p> |
| <p>Calories: 743 Fat: 25% Chol: 66 mg Na: 1286 mg CHO: 100 gm</p> | <p>Calories: 767 Fat: 28% Chol: 66 mg Na: 786 mg CHO: 111 gm</p> | <p>Calories: 859 Fat: 42% Chol: 113 mg Na: 749 mg CHO: 78 gm</p> | <p>Calories: 1053 Fat: 37 % Chol: 102 mg Na: 815 mg CHO: 127 gm</p> |
| <p>16 Seafood Salad Macaroni Salad Cherry Tomatoes and Shredded Lettuce Mandarin Oranges for All Pita Bread</p> | <p>17 Low Sodium Hot Dog Mustard Packet Baked Beans Coleslaw Fresh Apple -- All Hot Dog Roll</p> | <p>18 Baked Chicken Quarter Creamy Whip Potatoes Mixed Vegetables Chilled Peaches -- All Multigrain Bread</p> | <p>19 B'day Lunch Bkd Ham/Raisin Sauce Whip Sweet Potatoes Broccoli & Cauliflower Birthday Cake/Diets Angel Cake / MOW Cutie Pie Wh Wheat Dinner Roll</p> |
| <p>Calories: 792 Fat: 37% Chol: 36 Na: 1213 CHO: 99</p> | <p>Calories: 738 Fat: 22% Chol: 152 mg Na: 1052 mg CHO: 95 gm</p> | <p>Calories: 843 Fat: 34% Chol: 144 mg Na: 507 mg CHO: 83 gm</p> | <p>Calories: 827 Fat: 22% Chol: 51 mg Na: 1607 mg CHO: 132 gm</p> |
| <p>23 Chicken Croquettes Low Sodium Gravy White Rice Carrot Coins Fresh Orange -- All Snowflake Dinner Roll</p> | <p>24 Grape Juice Egg Salad Cold Plate Three Bean Salad Cherry Tom & Lettuce Apple Slices Diets Applesauce Pita Bread</p> | <p>25 Chicken Cacciatore White Rice Broccoli & Cauliflower Brownie / Diets & MOW Lorna Doones Oatmeal Bread</p> | <p>26 Roast Pork w/ Gravy Sweet Whip Potatoes French Style Grn Beans Applesauce Cup - All Multigrain Bread</p> |
| <p>Calories: 738 Fat: 42% Chol: 45 mg Na: 1336 mg CHO: 85 gm</p> | <p>Calories: 794 Fat: 29% Chol: 354 mg Na: 923 mg CHO: 113 gm</p> | <p>Calories: 621 Fat: 26% Chol: 100 mg Na: 675 mg CHO: 68 gm</p> | <p>Calories: 747 Fat: 26% Chol: 88 Na: 347 CHO: 104</p> |
| <p>30 Salmon Boat with Dill Sauce Roasted Red Potatoes Kernel Corn Applesauce Cup - All Snowflake Dinner Roll</p> | <p>31 Apricot Glaze Chicken Whip Pot w/ Chives Harvard Beets Tossed Salad/Dressing Fruit Smoothie D' Yogurt/Bread Stick</p> | <p>1-Sep Meatloaf with Gravy Loaded Whip Potatoes Carrot Coins Choc Chip Cookie Diets Butter Cookie Light Rye Bread</p> | <p>2 Fruit Punch Roast Turkey w/Gravy Red Bliss Whip Pot California Blnd Veggies Chilled Peaches -- All Wh Wht Dinner Roll</p> |
| <p>Calories: 755 Fat: 26% Chol: 53 Na: 712 CHO: 100</p> | <p>Calories: 960 Fat: 16% Chol: 83 Na: 968 CHO: 156</p> | <p>Calories: 887 Fat: 30% Chol: 145 mg Na: 838 mg CHO: 119 gm</p> | <p>Calories: 691 Fat: 26% Chol: 58 mg Na: 1046 mg CHO: 90 gm</p> |

Chol = Cholesterol, Na = Sodium, CHO = Carbohydrates, Fat = Total % calories from

All meals include low-fat milk & margarine available upon request.

Suggested donation :

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

| |
|--|
| 6 Beef & Veal Sausage Peppers & Onions Baked Pot/Sour Crm Kernel Corn Watermelon --Sites Fresh Fruit -- MOW Whole Wheat Sub Roll |
| Calories: 810 Fat: 43% Chol: 83 Na: 1181 CHO: 88 |
| 13 Potato Crunch Fish Lemon Juice Packet Red Bliss Whip Pot Broccoli Cuts Peaches -- All Dark Rye Bread |
| Calories: 765 Fat: 30 % Chol: 108 mg Na: 793 mg CHO: 101 gm |
| 20 P'apple Juice Tuna Salad Cold Plate Shredded Lettuce Macaroni Salad Carrot Sticks Applesauce Cup - All Finger Roll |
| Calories: 837 Fat: 38% Chol: 54 mg Na: 946 mg CHO: 90 gm |
| 27 Grape Juice Macaroni & Cheese Zucchini & Stewed Tomatoes Chilled Peaches -- All Whole Wheat Bread |
| Calories: 916 Fat: 33% Chol: 60 mg Na: 998 mg CHO: 122 gm |
| 3 Ham Plate/Mustard Red Bliss Potato Salad Toss Salad/ LS Drssng Watermelon --Sites Fresh Fruit -- MOW Whole Wheat Bread |
| Calories: 649 Fat: 42% Chol: 68 mg Na: 1635 mg CHO: 64 gm |

m Fat

is \$2.00 per meal.