Marion Nutrition Site For Reservations & Cancellations Call: <u>659-0831</u>

## MENU

Old Fort Nutrition Site For Reservations & Cancellations Call: <u>668-4867</u>

## **SEPTEMBER 2019**

## For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED HOLIDAY HAPPY ABOR DAY	3 Baked Spaghetti Cole Slaw Cheese Toast (HDM-Texas Toast) Hot Spiced Ap- plesauce	Turkey, Ham & 4 Swiss Cheese Sand- wich Sliced Tomatoes, Let- tuce, & Sweet Pickles Corn Chips Hamburger Bun Ambrosia Fruit Salad	Chicken Pot Pie 5 w/ Mixed Vegeta- bles Harvard Beets Biscuit Lemon Cake w/Lemon Icing	Taco Salad w/Taco <sup>6</sup> Meat & Shredded Ched- dar Cheese Diced Tomatoes & Shredded Lettuce Refried Beans Nacho Chips Apple Turnovers (DB- NSA Apple Pie)
Diced Chicken 9 Teriyaki w/Broccoli Sweet Carrots Fried Rice Fortune Cookie	Chef Salad 10 w/Turkey, Ham, Cheese, Lettuce, Egg, Cucumber, Onion & Tomato Pickled Beets Macaroni Salad Salad Crackers Peanut Butter Bar	11 Beef-a-Roni Green Beans Summer Slaw Cornbread Cookie (D.BS.F. Cookie)	12 Pork Loin & Cornbread Stuffing w/Gravy Cabbage Baked Sliced Apples Roll Applesauce Cake	13 Sloppy Joe Steamed Squash w/Onion Copper Pennies Dilled Potatoes Hamburger Bun Pudding (D.BS.F. Pudding)
16 Cold Ham & Cheese Sandwich 3-Bean Salad Potato Chips Hamburger Bun Fresh Fruit Salad(DB- S.F. Fruit Salad)	Lemon-Pepper 17 Chicken Orange Juice Broccoli, Grape & Green Onion Salad Rice Pilaf w/veggies Roll Oatmeal-raisin Cookie (D.BS.F. Cookie)	18 Macaroni & Cheese Okra & Tomatoes Spinach Cornbread Watermelon	19 Country Style Steak w/Gravy Green Beans Fruit Cocktail Mashed Potatoes Biscuit Cake w/Icing	20 Hot Dog w/Chili Corn Baked Beans Hot Dog Bun Hot Peaches (HDM- Cold Peaches)(DB- S.F. Peaches)
23 Roast Beef w/ Gravy Zucchini & Tomato Au Gratin Baby Bakers w/Parmesan Cheese Roll Banana	24 Chicken Tenders Carrot-raisin Salad Lima Beans Biscuit Cantaloupe	25 Ham Broccoli w/Cheese Sauce Cut Yams Roll Blueberry Congealed Salad (D.B. Blueberry Congealed Salad)	26 Country Fried Steak w/White Gravy Fried Okra Fruit Juice Mashed Potatoes Biscuit Hot Fudge Sundae (HDM-Brownie)	27 Oven-Fried Fish Cole Slaw Scalloped Potatoes Hushpuppies Peach Cobbler (HDM & D.BHot Baked Peaches)
Fruit Salad 30 w/Cottage Cheese (Pears, Peaches, Pineapple, Grapes & Strawberries) on Leaf Lettuce Rainbow Rotini Pasta Salad Salad Crackers Sugar Free Fruit Dip	Jokes: Q. What do you get w centipede with a pa A. A walkie-talkie! Q: Why did the kanga coffee? A: She got too jumpy!	arrot? aroo stop drinking	Nutrition Site Beverages Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee *DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free	Dining Room Notice In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat. Thank you.