

SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy Labor Day!! B: Egg Bites, Fruit L: Cookout- hotdogs, hamburgers, potato salad, Etc. D: Grilled Cheese, tomato soup	2 B: Mini Breakfast Quesadilla L: Pack Lunch For ADT D: Chili, cornbread	3 B: Egg bites with yogurt L: Pack Lunch For ADT D: Sub sandwich, cottage cheese	4 B: Oatmeal, banana L: Pack Lunch For ADT D: Pork chops, Cheesey Rice, Broccoli	5 B: Bacon, Egg & Cheese Muffin L: Pack Lunch For ADT D: Chicken wings, Tots	6 B: Pancakes, Eggs, Sausage L: Grilled Cheese, Fruit D: Cheesy Ravioli W/ Marinara, Veggies
7 B: Strawberry Muffins, bacon, yogurt L: Pinwheels, Chips D: Veggie and Sausage Gumbo, cornbread	8 B: Egg Bites, Fruit L: Pack Lunch For ADT D: Spaghetti Squash Alfredo W/ Bacon bits	9 B: Turkey Bacon, Toast L: Pack Lunch For ADT D: Chili, cornbread	10 B: Yogurt, granola L: Pack Lunch For ADT D: Spaghetti w/meatballs, Fruit	11 B: Oatmeal, banana L: Pack Lunch For ADT D: Turkey Burgers, Asparagus	12 B: Cereal L: Pack Lunch For ADT D: Tuna Casserole, Sliced Bread	13 B: Biscuit & Gravy Dippers, Eggs L: Meat/Cheese Rollup, Cottage Cheese, Veggies D: BBQ Shredded Pork, Brussel Sprouts, Pasta Salad
14 B: Omelets, Bacon, Fruit L: Reuben Sandwich on Rye with baked chips, watermelon D: Hamburgers, Pork rinds, Zucchini	15 B: Sausage, Egg, Cheese Bagel L: Pack Lunch For ADT D: Baked Chicken, Green Beans, Sweet Potatoes	16 B: Cereal, Fruit L: Pack Lunch For ADT D: Meatball Marinara Subs, Side Salad	17 B: Sausage Patties, Scrambled Eggs L: Pack Lunch For ADT D: Baked Salmon, Cole Slaw, Peas	18 B: Boiled Eggs, Yogurt, Toast L: Pack Lunch For ADT D: Shrimp & Grits, Salad	19 B: Eggs & Bacon L: Pack Lunch For ADT D: Broccoli & Cheese Soup, Turkey Sandwich	20 B: Breakfast Casserole L: Grilled Cheese & Fruit D: Shepherd's Pie, Canteloupe
21 B: Egg Bites, Pancakes L: Turkey Club Sandwich, Fruit D: Crack Chicken, Peas, Carrots	22 B: Cereal, banana L: Pack Lunch For ADT D: Turkey tacos, refried beans	23 B: Eggs, Fruit & yogurt, toast L: Pack Lunch For ADT D: Kielbasa, Corn, Cauliflower rice (can add cheese)	24 B: Oatmeal, Berries L: Pack Lunch For ADT D: Baked Pork Chops, Green Beans, Baked Potato	25 B: Blueberry Pancakes, Eggs L: Pack Lunch For ADT D: Chicken Pot Pie	26 B: Ham & Cheese Omelet, Fruit L: Pack Lunch For ADT D: Smothered Chicken & Spinach, brown rice	27 B: Eggs, French Toast, Bacon L: Chicken Salad, Apples, Almonds & Crackers D: Open-faced Hot Beef sandwiches, Asparagus
28 B: Sausage, Egg & Cheese Bagel, strawberries L: Turkey Rollup & Fruit w/cottage Cheese D: BBQ nachos, black beans	29 B: Strawberry Muffins, Eggs L: Pack Lunch For ADT D: Ham and Beans, Cornbread	30 B: Strawberry Muffins, bacon, yogurt L: Pack Lunch For ADT D: Veggie and Sausage Gumbo, cornbread				

****MENU OPTIONS ARE SUBJECT TO CHANGE. IF LISTED MEAL INGREDIENTS ARE NOT AVAILABLE, PLEASE SUBSTITUTE TO BEST SUIT*****