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|--|--|--|--|---|
| Monday 1 | Tuesday 2 | Wednesday 3 | Thursday 4 | Friday 5 |
|  | Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/gravy ch7008</i> Brown Rice Vegetable Medley (2 servings) Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same | Chicken Alfredo over Spaghetti - 9065 <i>(ch b) mediterranean glazed salmon ch7068</i> Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same | Turkey & Swiss on Wheat - 9032 <i>(ch b) ham & swiss on wheat ch7044</i> Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same | Salisbury Steak w/Mushroom Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parslied Potatoes Mixed Vegetables Peaches Wheat Bread (2 slices) Margarine Diet: same |
| 8 | 9 | 10 | 11 | 12 |
| Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Pears Diet: same | Popcorn Chicken Bowl - 9006 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same  | Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing (ch b) beef & noodles w/gravy green beans, diced carrots ch7052 Grape Juice 100% Animal Crackers Diet: same | turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Mandarin Oranges Dinner Roll / Margarine Diet: same | Cheese Lasagna - 9316 (ch b) beef & noodles ch7052 Italian Vegetables Yellow Squash Grape Juice 100% Wheat Roll / Margarine (ch a only) Diet: same |
| 15 | 16 | 17 | 18 | 19 |
| Beef Vegetable Teriyaki (ch b) orange chicken Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same | Ham & Swiss on White - 9125 (ch b) roast beef & swiss on white ch7031 3 Bean Salad Potato Salad Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only) Diet: same  | Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Mixed Berry Applesauce Wheat Bread (2 slices) Margarine Diet: same | Hamburger - 9071 (ch b) hot deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same | Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063 Italian Vegetables Peas Sponge Cake Fruit Punch 100% Diet: same  |
| 22 | 23 | 24 | 25 | 26 |
| Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same | Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same | Chicken Caesar Salad w/ Parmesan & Croutons Marinated Cucumbers & Onions (ch b) spaghetti & meatballs w/ marinara, parmesan, italian vegetables, & spinach Pears Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same | Smoked Turkey Sausage w/ Sauerkraut - 9055 (ch b) meatloaf w/ gravy ch7016 Cheesy Mashed Potatoes Green Beans Rye Bread (2 pcs) Peaches Mustard / Ketchup Diet: same | Rotini Pasta w/ Meat Sauce (ch b) chicken alfredo w/ rotini pasta Normandy Blend Vegetables Peas Apricots Wheat Bread / Margarine (ch a only) Diet: same |
| First day of Autumn  | | | | Johnny Appleseed Day  |
| 29 | 30 | September in History | | |
| Chicken Tenders - 9061 (ch b) baked fish ch7048 Brown Rice Green Beans Carrots Apple Juice 100% Wheat Bread / Margarine Diet: same | Cinci-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same |  9/2/1945 - President Truman proclaims V-J Day upon the surrender of the Japanese 9/3/1783 - Treaty of Paris signed that ended the American Revolutionary War 9/9/1776 - The U.S.A. came into existence as the Continental Congress changed the name of the new American 9/16/1620 - The Mayflower ship departed from Plymouth, England, bound for America with 102 passengers and a small crew. | |  |
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