

	Tuesday Sep 1 Beef and Cheese Enchilada(362) Spanish Rice(150) Refried Beans(140) Mixed Fruit (60) 712 Calories	Wednesday Sep 2 Bacon Wrapped Pork Roast (550) Mushroom Onion Gravy (100) Green Beans (40) Mashed Potatoes (125) Applesauce (55) 870 Calories	Thursday Sep 3 Beef and Swiss Sandwich (250) Lettuce, Tomato, Onion (40) Chips (150) Apple (70) Pudding Cup (100) 610 Calories	Friday Sep 4 Chili Dog (540) Onion, Cheese (50) Corn on the Cob (80) Banana (110) Jello Cup (90) 870 Calories
Monday Sep 7 Closed	Tuesday Sep 8 Chicken Soft Tacos(450) Spanish Rice(150) Pinto Beans(120) Pears (60) 780 Calories	Wednesday Sep 9 BBQ Chicken Quarter (420) Parmesan Potatoes (275) Coleslaw (130) Green Grapes (50) Ice Cream Cup (130) 1005 Calories	Thursday Sep 10 Chicken Parisienne (150) Rich White Gravy (100) Mashed Potatoes (125) Green Beans (40) Pineapple Chunks (60) Watergate Salad (167) 642 Calories	Friday Sep 11 Cheeseburger (500) French Fries (250) Orange Smiles (80) Sherbet (80) 910 Calories
Monday Sep 14 Spaghetti W/Meat Sauce (368) Caesar Salad (200) Garlic Bread (180) Peaches (60) Italian Ice (60) 878 Calories	Tuesday Sep 15 Cheese Enchilada (360) Spanish Rice (150) Refried Beans (140) Pineapple Chunks (60) 710 Calories	Wednesday Sep 16 Ham and Turkey Sandwich (450) Lettuce, Tomato, Onion (40) Chips (150) Apple (70) Granola Bar (100) 810 Calories	Thursday Sep 17 Pork Loin Chops (550) Mushroom Gravy (100) Squash Medley (75) Mashed Potatoes (125) Applesauce (55) 905 Calories	Friday Sep 18 Fish and Chips(800) Peas and Carrots (50) Mandarin Salad (100) 950 Calories
Monday Sep 21 Chicken Alfredo (425) Salad (35) Salad Dressing (50) Apple (70) Pudding Cup (100) 680 Calories	Tuesday Sep 22 Pulled Pork Tacos (450) Spanish Rice (150) Pinto Beans (120) Fruit Cocktail (60) 780 calories	Wednesday Sep 23 Baked Chicken Quarter (420) Roast Red Potatoes (150) Broccoli (40) Peaches (60) Jello Cup (90) 760 Calories	Thursday Sep 24 Meatloaf (340) Mushroom Gravy (100) Green Beans (40) Mashed Potatoes (125) Applesauce (55) Ice Cream Cup (130) 790 Calories	Friday Sep 25 Fish Po Boy (600) Lemony Coleslaw (41) Potato Wedges (150) Pineapple Chunks (60) Pudding Cup (100) 951 Calories
Monday Sep 28 Black Eyed Pea Italian Sausage Stew with Cornbread Dumplings (450) Sautéed Spinach (60) Mixed Fruit (60) Ice Cream Cup (130) 700 Calories	Tuesday Sep 29 Crunchy Beef Tacos (415) Lettuce Tomato Onion (40) Spanish Rice(150) Refried Beans(140) Orange Smiles(80) 825 calories	Wednesday Sep 30 Beef Lasagna(250) Tossed Caesar Salad(200) Garlic Bread(180) Peaches(60) Italian Ice(60) 750 Calories	Approved 8.28.26 <i>Carey Stites MS, RD, LD</i> Carey Stites CDR #933123 Exp 8.31.27 TDLR #DT06639 Exp 10.31.26	 Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments