

# SEPTEMBER

**2018**

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LABOR DAY	<b>Chicken Fajitas w/ Onions &amp; Peppers</b>	<b>Crusted Tilapia</b>	<b>Salisbury Steak</b>	<b>King Ranch Casserole</b>	
	<b>White Rice</b>	<b>Mixed Vegetables</b>	<b>Steamed Green Beans</b>	<b>White Rice</b>	
	<b>Steamed Corn</b>	<b>White Rice</b>	<b>Mashed Potatoes</b>	<b>Sauteed Spinach</b>	
PLEASE UTILITZE YOUR SHELF STABLE MEAL	<b>Apple *2% Milk Quart*</b>	<b>Chocolate Pudding</b>	<b>Graham Cracker</b>	<b>Tortilla *2% Milk Quart*</b>	
	Calories: 720 Carbs: 72g	Calories: 555 Carbs: 57g	Calories: 527 Carbs: 51g	<b>Diced Peaches</b>	
	Fat: 13.5 Protein: 38g	Fat: 17g Protein: 39g	Fat: 24g Protein: 40g	Calories: 747 Carbs: 72g	
	Sodium: 725mg	Sodium: 1,000mg	Sodium: 660mg	Fat: 21g Protein: 21g	
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	
<b>Chicken Spaghetti</b>	<b>Taco Casserole</b>	<b>Oven Fried Chicken</b>	<b>Tuna Salad with Tomato Wedges</b>	<b>Open Face Cheese Enchilidas</b>	
<b>Sauteed Green Beans</b>	<b>Refried Beans</b>	<b>California Blend Vegetables</b>	<b>Pasta Salad</b>	<b>Spanish Rice</b>	
<b>Garden Salad</b>	<b>Sauteed Yellow Squash</b>	<b>Macaroni and Cheese</b>	<b>Marinated Cucumber Salad</b>	<b>Pinto Beans</b>	
<b>Garlic Breadstick Strawberry Jell-O</b>	<b>Cornbread</b>	<b>Strawberry Shortcake</b>	<b>Wheat Crackers Chocolate Pudding</b>	<b>Mexican Corn Bread Oreo Cookies</b>	
Calories: 822 Carbs: 86g	<b>Fruit Salad</b>	Calories: 626 Carbs: 88g	Calories: 665 Carbs: 74g	Calories: 710 Carbs: 82g	
Fat: 12.5g Protein: 34g	Calories: 902 Carbs: 96g	Fat: 12.5g Protein: 35g	Fat: 9.8g Protein: 21g	Fat: 8.8g Protein: 38g	
Sodium: 695mg *2% Milk Quart*	Fat: 24g Protein: 47g Sodium: 890mg	Sodium: 1,001mg	Sodium: 594mg	Sodium: 716mg	
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	
<b>Vegetable Lasgna</b>	<b>Chicken Salad</b>	<b>Beef and Vegetable Stir Fry</b>	<b>Taco Salad</b>	<b>Turkey Sandwich</b>	
<b>Tuscany Blend Vegetables</b>	<b>Carrot and Raisin Salad</b>	<b>White Rice</b>	<b>Steamed Corn</b>	<b>Bag of Baked Lays</b>	
<b>Mashed Potatoes</b>	<b>Marinated Vegetable Salad</b>	<b>Steamed Broccoli</b>	<b>Pinto Beans</b>	<b>Tomato Salad Cole Slaw</b>	
<b>Fruit Salad *2% Milk Quart*</b>	<b>Wheat Crackers Apple</b>	<b>Orange</b>	<b>Graham Cracker</b>	<b>Wheat Bread</b>	
Calories: 590 Carbs: 88g	Calories: 662 Carbs: 80g	Calories: 562 Carbs: 90.03g	Calories: 663 Carbs: 94g	<b>Yogurt</b>	
Fat: 17g Protein: 37g	Fat: 12.5g Protein: 33g	Fat: 8.8g Protein: 38g	Fat: 15g Protein: 38g	Calories: 603 Carbs: 81g	
Sodium: 790mg	Sodium: 828mg	Sodium: 989mg	Sodium: 927mg	Fat: 21g Protein: 48g Sodium: 1103mg	
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	
<b>Meatloaf</b>	<b>Baked Four Cheese Ziti</b>	<b>Barbecue Boneless Chicken Thighs</b>	<b>Chicken Caesar Salad</b>	<b>Cheeseburger</b>	
<b>California Blend Vegetables</b>	<b>Zucchini</b>	<b>Macaroni and Cheese</b>	<b>Pasta Salad</b>	<b>Tater Tots</b>	
<b>Mashed Potatoes</b>	<b>Green Beans</b>	<b>Potato Salad</b>	<b>Marinated Italian Salad</b>	<b>Baked Beans</b>	
<b>Apple *2% Milk Quart*</b>	<b>Fruit Salad Breadstick</b>	<b>Cornbread Pineapple Cup</b>	<b>Garlic Breadstick</b>	<b>Fresh Fruit</b>	
Calories: 720 Carbs: 81g	Calories: 670 Carbs: 96g	Calories: 737 Carbs: 82g	<b>Fresh Orange</b>	Calories: 768 Carbs: 87g	
Fat: 28g Protein: 33g	Fat: 12.5g Protein: 21g	Fat: 18g Protein: 22g	Calories: 595 Carbs: 80g	Fat: 11.5g Protein: 38g	
Sodium: 955mg	Sodium: 836mg	Sodium: 836mg	Fat: 11.5g Protein: 30g	Sodium: 748mg	
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	
***IMPORTANT***		Always remember to call			
Milk quarts will be delivered once		at least by 2:00 PM the			
a week. Try drinking one serving		day before to			
of the quart with lunch each		cancel a meal			
day		972-562-6996			