

SEPTEMBER 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day</p> <p>Sites Closed</p>	<p>3</p> <p>*Hamburger 3 oz Ketchup 2 PC Broasted Potatoes ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Bun Pineapple Chunks ½ c</p>	<p>4</p> <p>Hawaiian Chicken 3 oz *Rice Pilaf ½ c Baby Carrots ½ c Green Beans ½ c Whole Grain Wheat Tropical Fruit ½ c</p>	<p>5</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Banana</p>	<p>6</p> <p>*Beef Hot Dog Mustard 1 PC /Ketchup 1 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Apricots ½ c</p>
<p>9</p> <p>*Chicken Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Harvard Beets ½ c Whole Grain White Sliced Pears ½ c</p>	<p>10</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Banana</p>	<p>11</p> <p>*Breaded Pork Pattie 3.75 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c</p>	<p>12</p> <p>*Tuna Salad 3 oz *Potato Salad ½ c *Corn Relish Salad ½ c 2 Whole Grain Wheat Apricots ½ c</p>	<p>13</p> <p>*Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Orange</p>
<p>16</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Tropical Fruit ½ c</p>	<p>17</p> <p>*Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p>	<p>18</p> <p>*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz Green Beans ½ c Capri Blend ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c</p>	<p>19</p> <p>*Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana</p>	<p>20</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p>
<p>23</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c</p>	<p>24</p> <p>*Pepper Steak 3 oz *Butternut Squash ½ c Green Beans ½ c Blueberry Muffin 2 oz Banana</p>	<p>25</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables ½ c Corn ½ c Whole Grain Wheat Pineapple Chunks ½ c</p>	<p>26</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Sliced Pears ½ c</p>	<p>27</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p>
<p>30</p> <p>*BBQ Rib Patty 3 oz *Sweet Potatoes ½ c Cape Cod Blend ½ c 2 Whole Grain Wheat Apricots ½ c</p>				