



# September 2022

## Breakfast menu

SUN	MON	TUES	WED	THUR	FRI	SAT
Every Morning: Oatmeal, Cheerios Raisin Bran, Bran Flakes, Special K, Shredded Wheat				1	2	3
4	5	6	7	8 Cereal Eggs Toast Meat (B) Biscuits & Gravy	9 Cereal Eggs Toast Meat (L)	10 Cereal Eggs Toast Meat (B)
11 Cereal Eggs Toast Meat (P)	12 Pancakes Meat (B)	13 Cereal Eggs Toast Meat (L)	14 Pastries Eggs Toast Meat (B)	15 Cereal Eggs Toast Meat (P) Biscuits & Gravy	16 Cereal Eggs Toast Meat (B)	17 Cereal Eggs Toast Meat (L)
18 Cereal Eggs Toast Meat (B)	19 French Toast Meat (P)	20 Cereal Eggs Toast Meat (B)	21 Pastries Eggs Toast Meat (L)	22 Cereal Eggs Toast Meat (B) Biscuits & Gravy	23 Cereal Eggs Toast Meat (P)	24 Cereal Eggs Toast Meat (B)
25 Cereal Eggs Toast Meat (L)	26 Pancakes Meat (B)	27 Cereal Eggs Toast Meat (P)	28 Pastries Eggs Toast Meat (B)	29 Cereal Eggs Toast Meat (L) Biscuits & Gravy	30 Cereal Eggs Toast Meat (B)	Cereal Eggs Toast Meat (P)
Cereal Eggs Toast Meat (B)	French Toast Meat (L)	Cereal Eggs Toast Meat (B)	Pastries Eggs Toast Meat (P)	Cereal Eggs Toast Meat (B) Biscuits & Gravy	Cereal Eggs Toast Meat (L)	

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# Lunch/Supper *Menu*

SUN	MON	TUES	WED	THUR	FRI	SAT
		Substitutions by:  10:00 for Noon Meal 3:00 for Supper Meal			Chef Salad Hamburger Meat/Chz Sandwich Fried Egg Sandwich Baked Potato	
					<b>1</b> Chicken Fried Steak  Beef & Rice Soup Chicken Melt	<b>2</b> Salmon  Minestrone Soup Ham & Cheese Sandwich
<b>4</b> Baked Ham  Corn Chowder Soup Tater Tot Casserole	<b>5</b> Lasagna  Tomato Soup Grilled Cheese Sandwich	<b>6</b> Taco Salad  Potato Soup Cold Cut Sandwich	<b>7</b> Philly Steak Sandwich  Chicken & Rice Soup Goulash	<b>8</b> St Louis Ribs  Cream of Broccoli Soup Beef Salad Sandwich	<b>9</b> Tilapia  Beef & Barley Soup Hot Dogs and Mac & Cheese	<b>10</b> Bacon Cheese Burger  Minestrone Soup Pancakes & Sausage
<b>11</b> Roast Beef Dinner or Hot Beef Sandwich Chicken Noodle Soup/Ham & Swiss Potato Salad	<b>12</b> Chicken Alfredo  Potato Soup Chicken Cordon Bleu	<b>13</b> Pork Chops Beef Vegetable Soup Grilled Ham & Cheese Sandwich	<b>14</b> Pizza & Wings  Cream of Broccoli Soup Tater Tot Casserole	<b>15</b> Meat Loaf  Corn Chowder Chicken Strips Mac & Cheese	<b>16</b> Shrimp  Beef Barley Soup Ham & Swiss Sandwich	<b>17</b> Meat & Potatoes  Chili & Cinnamon Rolls
<b>18</b> Pork Loin  Potato Soup Sloppy Joe	<b>19</b> Steak  Chicken & Rice Soup Cold Cut Sandwich	<b>20</b> Enchiladas  Minestrone Soup Hamburger Steak and Gravy	<b>21</b> Patty Melt  Cream of Broccoli Soup French Toast Sausage	<b>22</b> Beef & Rice  Corn Chowder Soup Truffle Chicken Mac & Cheese	<b>23</b> Crab Patties  Beef Vegetable Soup Beef Salad Sandwich	<b>24</b> Fried Chicken Ham & Bean Soup Cornbread Hamburger & Potato Salad
<b>25</b> Roast Beef Dinner or Hot Beef Sandwich Chicken Noodle Soup/Ham & Swiss Sandwich w/ Chips	<b>26</b> Spaghetti  Potato Salad Mexican Casserole	<b>27</b> Beef & Noodles  Tomato Soup Grilled Cheese Sandwich	<b>28</b> French Dip  Corn Chowder Soup Cold Cut Sandwich	<b>29</b> Tacos  Cream of Broccoli Soup Fried Egg Sandwich	<b>30</b> Fish Fry  Beef Noodle Soup Drummies & Biscuits	