Community Action August/September Lunch 2012

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Monday	Tuesday	Wednesday	Thursday	Friday
August 27	August 28	August 29	August 30	
Breaded Chicken Tenders	/hamburger on a whole wheat	Creamy Chicken Salad	Turkey Tetrazzini	
Baked Beans	bun	Whole Grain Crackers	Spiral Noodles	
Broccoli Cole Slaw	With Lettuce, Tomato and Onion	Bell Pepper Slices	Steamed Broccoli	
	Creamy Cole Slaw	Baby Carrots	Salad Greens	
	Peaches	Mandarin Oranges	Apricots	
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September 3	September 4	September 5	September 6	September 7
Agency Closed	Chicken & Dumplings	Egg Salad	Taco Salad	Ravioli w/ Meat Sauce
rigency closed	Peas & Carrots	On Whole Wheat Bread	(Meat, Lettuce, Tomato)	Bread Stick
Labor Day	Roasted Asparagus	Lentil Soup	Refried Beans	Italian Vegetables
Labor Day	Apple Sauce	Bell Pepper Slices	Corn Chips	Salad Greens & Dressing
	Apple Sauce			Pears in Jell-0
		Mandarin Oranges	Tropical Fruit	rears in Jen-O
September 10	September 11	September 12	September 13	September 14
Tuna Salad	Chili with Meat & Beans	Meat Loaf	Polish Sausage	Beef Stew w/ Potatoes & Carrots
Whole Grain Bread	Corn Bread	AuGratin Potatoes	On a Whole Grain Bun	Over a Biscuit
Carrot Sticks	Marinated Cucumbers & Onions		Sauerkraut	
		Cooked Cabbage		Roasted Asparagus
Pea Salad	Fruit Cocktail	Strawberries	Celery Sticks	Baked Apple Slices
Mixed Fruit			Cinnamon Applesauce	
September 17	September 18	September 19	September 20	September 21
Egg, Spinach & Cheese	Breaded Pork Cutlet	Turkey Pasta Salad	Ham & Beans	Cheese Burger
Quiche	Brown Rice	Whole Grain Crackers	Corn Bread	on Whole Grain Bun
Texas Toast	Sweet Peas	Green Beans	Steamed Broccoli	Black Bean Salad
Marinated Cucumber &	Glazed Carrots	Pickled Beets	Grapes	Calico Corn
Tomato Salad	Peaches	Apricots	_	Pineapple
Banana		•		
September 24	September 25	September 26	September 27	September 28
Chicken & Cheese	Oven Baked Chicken	Tuna Casserole w/	Sloppy Joe	Chef Salad
Quesadilla	Roasted Potatoes	Whole Wheat Noodles	Buttered Corn	(Meat, Cheese, Egg, Tomato &
Refried Beans	Carrots	Peas	Brussel Sprouts	Dressing)
Cherry Tomatoes	Whole Grain Roll	Celery Sticks	Mixed Fruit	Whole Grain Crackers
•		v	Wilked Fluit	Bean Soup
Mango	Apple Sauce	Sliced Apricots		Fresh Strawberries
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				Milk is served with each meal