Community Action August/September Lunch 2012

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

