

Community Action September Lunch 2013

Monday	Tuesday	Wednesday	Thursday
<p>September 2 Agency Closed</p> <p>Labor Day</p>	<p>September 3 Chicken & Dumplings Peas & Carrots Grapes</p>	<p>September 4 Egg Salad On Whole Wheat Bread Lentil Soup Bell Pepper Slices Mandarin Oranges</p>	<p>September 5 Spaghetti Bake w/Meat sauce Italian Green Beans ! /2 Slice of wheat bread peaches</p>
<p>September 9 White Chicken Chili Buttered Corn Whole Grain Crackers Fresh Fruit</p>	<p>September 10 Beef Stew w/potatoes &carrots over a biscuit Steamed vegetables Fruit Cocktail</p>	<p>September 11 Chef Salad (Meat, Cheese, egg, tomato and dressing) Whole Grain Crackers pears</p>	<p>September 12 Chicken and Cheese Quesadilla Green Beans applesauce</p>
<p>September 16 Fish Sticks Wild Rice Mixed Begetables Apricots</p>	<p>September 17 BBQ Ribbette Green Beans Dinner Roll Sliced Pineapple</p>	<p>September 18 Turkey Pasta Salad Whole Grain Crackers Pickled Beets Peaches</p>	<p>September 19 Ham & Beans Corn Bread Glazed Carrots Mandarin Oranges</p>
<p>September 23 Oven Baked Chicken Garlic Mashed Potatoes Whole Grain Roll Apple Sauce</p>	<p>September 24 Meatball sub with Marina Sauce Cole Slaw Mixed Fruit</p>	<p>September 25 Sliced Turkey on whole wheat w/lettuce, tom and cheese Broccoli Pears</p>	<p>September 26 Meat Loaf Augratin Potatoes Peas Peaches</p>
<p>September 30 Smoked Pork Chop Cheesy Potatoes Pineapple</p>			
<p>1% Milk Served with each meal</p>			