

Friendship Center Menu September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
CLOSED	Pork Pozole WG Tortilla Chips Shredded Cabbage Orange 1% Low Fat Milk	Chicken Pasta Alfredo WG Breadstick Steamed Broccoli Watermelon 1% Low Fat Milk	Beef Burrito Cucumber Melon Salad 1% Low Fat Milk	Roasted Chicken WG Biscuit, butter Ratatouille Applesauce 1% Low Fat Milk
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Cheeseburger Potato Wedges Strawberries 1% Low Fat Milk	Beef Taco Plate WGBrown Rice Pico De Gallo Pluot (m) 1% Low Fat Milk	Pasta Carbonara WG Garlic Bread, butter Steamed Broccoli Peach 1% Low Fat Milk	Chicken Chile Verde WG Cilantro Lime Rice Cucumber Melon Salad 1% Low Fat Milk	Roasted Turkey Sandwich Potato Salad Banana 1% Low Fat Milk
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Stir Fry Chicken WG Brown Rice Watermelon 1% Low Fat Milk	Beef & Broccoli WG Brown Rice Pluot 1% Low Fat Milk	Meatloaf WG Stuffing, gravy Green Beans Apple Sauce 1% Low Fat Milk	Bean & Cheese Burrito Fruit Salsa 1% Low Fat Milk	Spaghetti w/ Meatballs WG Garlic Bread, butter Zucchini Melon 1% Low Fat Milk
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Orange Chicken WG Brown Rice Stir Fry Veggies Peaches 1% Low Fat Milk	Baked Ziti Veggie and Beef sauce WG Garlic Bread, butter Steamed Broccoli Banana 1% Low Fat Milk	Adobado Tacos WG Brown Rice Pico De Gallo Pluot 1% Low Fat Milk	Honey Lemon Chicken WG Veggie Pasta Salad Melon 1% Low Fat Milk	Turkey Biscuit, butter Mashed Potatoes & Gravy Peas Apple 1% Low Fat Milk
30-Sep				
Beef and Veggie Stew Whole Grain Roll, butter Strawberries 1% Low Fat Milk				

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