

	BREAKFAST	LUNCH	DINNER
SUNDAY 09/01	Pancakes w/ Fresh Fruit Turkey Sausage Orange Wedges	Grilled Bratwurst Sub Peppers & Onions Pasta Salad Orange Wedges	Shepherd's Pie
MONDAY 09/02	Oatmeal w/Fresh Fruit Toast w/Butter & Jam Fresh Fruit - Variety	Grilled Cheeseburgers LTO French Fries Watermelon	Cheese Tortellini Chicken Pesto Broccoli
TUESDAY 09/03	McMuffin w/ Ham Pineapple	Chef's Salad Whole Wheat Rolls Pineapple	Grilled Pork Chop Rice Pilaf Corn on the Cob
WEDNESDAY 09/04	Apple Spice Muffins Fruit Yogurt Fresh Fruit Variety	Corned Beef Reuben German Potato Salad Corn on the Cob Grapes	Pizza Night Tossed Salad
Thursday 09/05	Spinach & Cheddar Omelet Toast w/ Butter & Jam Orange Wedges	Chicken Minestrone Soup Potato Focaccia Caesar Salad Orange Wedges	Jambalaya
FRIDAY 09/06	Granola, Yogurt, Berries English Muffins Fresh Fruit - Variety	New England Cod Cakes Roasted Carrots Cantaloupe & Honeydew	Italian Sausage Lasagna Green Salad
SATURDAY 09/07	Bacon Cheddar Egg Strata Fruit Salad	Hot Dogs & Baked Beans Sweet Potato Fries Watermelon	Grilled Chicken Breast Steak Fries Zucchini

September 1 - 7

Daily Breakfast Alternative: Cereal
(*Cheerios, Honey Nut Cheerios, Raisin Bran, Corn Flakes*)

Juice with Breakfast Daily
(*Cranberry, Apple, Orange*)

Daily Lunch Alternative: PB&J or Yogurt & Granola

1% or Skim Milk served daily with every meal



September 2024 Menu

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	BREAKFAST	LUNCH	DINNER
SUNDAY 09/08	French Toast w/ Fresh Fruit Pork Breakfast Sausage Fruit Salad	Tuna Salad or Egg Salad Pita Romaine Tomatoes Fruit Salad	Baked Potato Bar Roasted Broccoli
MONDAY 09/09	Fruit Smoothie Bagels & Cream Cheese Fresh Fruit Variety	Pulled Chicken Fatty Taco Cilantro Slaw Guacamole Pineapple	Fettucine Carbonara Zucchini
TUESDAY 09/10	McMuffin w/Turkey Sausage Pineapple	Chicken Cutlet Lemon Herb Spätzle Butternut Squash Applesauce	Italian Sausage Sub Caesar Salad Grapes
WEDNESDAY 09/11	Oatmeal w/Fresh Fruit Toast w/Butter & Jam Fresh Fruit - Variety	Pork Char Sui Vegetable Lo Mein Egg Rolls Pineapple	Mac & Cheese Night Tossed Salad
THURSDAY 09/12	Breakfast Pita Ham, Cheddar & Egg Applesauce	Sloppy Joes Roasted Potato Wedges Fresh Fruit - Variety	BBQ Chicken Corn on the Cob French Fries
FRIDAY 09/13	Cranberry Scones Fruit Yogurt Fresh Fruit Variety	Spinach & Lentil Soup Ham & Swiss Melt Cantaloupe	Spaghetti & Meatballs Garlic Bread
SATURDAY 09/14	Scrambled Eggs Bacon Hash Browns English Muffins Cantaloupe & Honeydew	Italian Cold Cuts Sub Provolone Broccoli Cantaloupe & Honeydew	Beef Quesadillas Spanish Rice Guacamole Tomato – Corn Salsa

September 8 - 14

Daily Breakfast Alternative: Cereal
(*Cheerios, Honey Nut Cheerios, Raisin Bran, Corn Flakes*)

Juice with Breakfast Daily
(*Cranberry, Apple, Orange*)

Daily Lunch Alternative: PB&J or Yogurt & Granola

1% or Skim Milk served daily with every meal



September 2024 Menu

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	BREAKFAST	LUNCH	DINNER
SUNDAY 09/15	Pancakes w/ Fresh Fruit Turkey Sausage Orange Wedges	Hot Dogs Your Way Sweet Potato Fries Watermelon	Fish & Chips Cole Slaw
MONDAY 09/16	Oatmeal w/Fresh Fruit Toast w/Butter & Jam Fresh Fruit - Variety	Cream of Tomato Soup Grilled Cheese Sandwich Spinach Salad w/ Barley Lentils & Apples	Beef London Broil Baked Potato Corn on the Cob
TUESDAY 09/17	McMuffin w/ Ham Orange Wedges	Curried Chicken Salad Pita Greens Apples Raisins Walnuts	Roast Pork Loin Scalloped Potatoes Broccoli
WEDNESDAY 09/18	Fruit Smoothie Bagels & Cream Cheese Fresh Fruit Variety	Fish Tacos Cilantro Slaw Orange Wedges	Pizza Night Tossed Salad
THURSDAY 09/19	Broccoli & Cheddar Omelet Toast w/ Butter & Jam Pineapple	*Pollo Guisado Chicken Stew with Potatoes & Peas over Brown Rice Pineapple	Beef Pot Roast Root Vegetables Red Bliss Potatoes
FRIDAY 09/20	Granola, Yogurt, Berries English Muffins Fresh Fruit – Variety	Middle Eastern Plate Grilled Chicken Pita Hummus Baba Ganoush Tabbouleh Muhammara Grapes	Baked Salmon Rice Pilaf Cucumber Yogurt Salad
SATURDAY 09/21	French Toast w/ Fresh Fruit Bacon Fresh Fruit Variety	Pulled Pork Sandwich French Fries Cole Slaw Fresh Fruit Variety	Beef & Two Bean Chili Corn Bread

September 15 - 21

Daily Breakfast Alternative: Cereal
(*Cheerios, Honey Nut Cheerios, Raisin Bran, Corn Flakes*)

Juice with Breakfast Daily
(*Cranberry, Apple, Orange*)

Daily Lunch Alternative: PB&J or Yogurt & Granola

1% or Skim Milk served daily with every meal

**Hispanic Heritage Month
September 15-October 15
Pollo Guisardo is a dish featured from Dominican cuisine.**



September 2024 Menu

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	BREAKFAST	LUNCH	Dinner
SUNDAY 09/22	Scrambled Eggs Corned Beef Hash Toast Fruit Salad	Hot Dogs Baked Beans French Fries Watermelon	Chicken Tenders & Fries Green Salad
MONDAY 09/23	Oatmeal w/Fresh Fruit Toast w/Butter & Jam Fresh Fruit - Variety	Monte Cristo Roasted Cauliflower Tomato Basil Salad Fresh Fruit Variety	Beef Tacos Red Beans & Rice Guacamole Salsa
TUESDAY 09/24	McMuffin w/ Turkey Sausage Fresh Fruit Variety	Chicken Parmesan Sandwich Caesar Salad Fresh Fruit Variety	Grilled Ham Steak Mashed Sweet Potatoes Spaghetti Squash
WEDNESDAY 09/25	Blueberry Muffin Fruit Yogurt Fresh Fruit Variety	Cider Braised Pork Stew Whole Wheat Rolls Roasted Parsnips Apples	Mac & Cheese Night Tossed Salad
THURSDAY 09/26	Breakfast Burrito With Bacon Cheddar & Egg Pineapple	Thai Beef Salad Cucumber Tomatoes Noodles Peanuts Pineapple	Lemon - Garlic Roast Chicken Mashed Sweet Potatoes Broccoli
FRIDAY 09/27	Fruit Smoothie Bagels & Cream Cheese Fresh Fruit Variety	Grilled Chicken Greek Salad Romaine Feta Olives Hummus Pita Grapes	Swedish Meatballs Egg Noodles Butternut Squash
SATURDAY 09/28	French Toast w/ Fresh Fruit Pork Breakfast Sausage Fruit Salad	Grilled Kielbasa Sub Saur Kraut Carrot Sticks Applesauce	Roast Turkey Dinner Cornbread-Apple Stuffing Mashed Potatoes Green Beans

September 22 - 28

Daily Breakfast Alternative: Cereal
*(Cheerios, Honey Nut Cheerios,
Raisin Bran, Corn Flakes)*

Juice with Breakfast Daily
(Cranberry, Apple, Orange)

**Daily Lunch Alternative: PB&J or
Yogurt & Granola**

**1% or Skim Milk served daily with
every meal**



September 2024 Menu

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	BREAKFAST	LUNCH	Dinner
SUNDAY 09/29	Breakfast Pizza Applesauce	Beef Barley Mushroom Soup Cheddar Biscuits Green Salad Applesauce	Three Cheese Raviolis Meat Sauce Garlic Knots
MONDAY 09/30	Granola, Yogurt, Berries Bagels & Cream Cheese Fresh Fruit - Variety	Chicken Curry w/ Sweet Potatoes, Red Peppers Tomato & Chic Peas Brown Rice Cantaloupe	*Arroz con Gandules Latin Style Pork with Yellow Rice
TUESDAY 10/01	McMuffin w/ Bacon Applesauce	Muffaletta Sandwich Tomato-Corn Salad Orange Wedges	Chicken Cacciatore Over Orzo
WEDNESDAY 10/02	Mushroom & Cheese Omelet Toast w/ Butter & Jam Pineapple	Sesame Noodle Salad With Chicken, Peanuts Cabbage Carrots Orange Wedges	Beef London Broil Roasted Potatoes Corn on the Cob
THURSDAY 10/03	Apple Spice Muffins Fruit Yogurt Fresh Fruit Variety	Gyro Pita Tomato Cucumber Tzatziki Romaine Feta Olives Grapes	Meatloaf Mashed Potatoes Green Beans
FRIDAY 10/04	Breakfast Burrito Eggs, Bacon, Cheddar Orange Wedges	Cubano Sandwich Roasted Cauliflower Orange Wedges	Chicken Pot Pie
SATURDAY 10/05	Scrambled Eggs Corned Beef Hash Toast Fruit Salad	Beef Patty Melt Sweet Potato Fries Watermelon	Roast Pork Loin Cheddar Mashed Potatoes Broccoli

September 29 – October 4

Daily Breakfast Alternative: Cereal
*(Cheerios, Honey Nut Cheerios,
Raisin Bran, Corn Flakes)*

Juice with Breakfast Daily
(Cranberry, Apple, Orange)

**Daily Lunch Alternative: PB&J or
Yogurt & Granola**

**1% or Skim Milk served daily with
every meal**

**Hispanic Heritage Month
September 15-October 15
Arroz con Gandules is a dish
featured from Puerto Rican cuisine.**



September 2024 Menu

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