



SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Closed	5 Beef Taco Spanish Black Beans Broccoli Bananas	6 Mac & Cheese Roasted Veggies Oranges Bread	7 Chicken Fried Rice Green Beans Pears Roll	8 Spaghetti & Meatballs Cauliflower Diced Fresh Fruit Bread	9
10	11 BBQ Meatballs Steamed Rice Mashed Carrots Apples Roll	12 Turkey & Cheese Frittata French Toast Oven Browned Potatoes Bananas	13 Chicken Cheese Steak Sandwich Mozzarella Cheese Broccoli Oranges	14 Cheesy Turkey & Potato Casserole Diced Carrots Pears Roll	15 Pulled BBQ Chicken Sandwich Rainbow Potatoes Diced Fresh Fruit	16
17	18 Chicken Nuggets Steamed Rice Peas Apples Cornbread	19 Turkey Hot Dog BBQ Baked Beans Broccoli Bananas	20 Chicken Teriyaki Meatballs Steamed Rice Cauliflower Oranges Roll	21 Beef Sloppy Joe Baked French Fries Sauteed Cabbage Pears	22 Mac & Cheese Roasted Green Beans Diced Fresh Fruit Bread	23
24	25 Cheesy Baked Beef Mostaccioli Corn Apples Roll	26 Diced Chicken & Gravy Mashed Potatoes Broccoli Bananas Bread	27 Mac & Cheese Peas Oranges Roll	28 Beef Nachos Spanish Rice Diced Carrots Pears	29 Cheesy Chicken & Rice Brussel Sprouts Diced Fresh Fruits Roll	30 *