



MONDAY

Hello, September!

A fresh month of good food.

TUESDAY

01 LUNCH: Chicken Paprikash
WW Pasta • Garden Salad with Ranch Dressing • Par Steamed Broccoli
SNACK: WW Graham Crackers & Sliced Peaches

08 LUNCH: Tortellini Soup w/Beans
WW Breadstick • Steamed Corn • Applesauce
SNACK: Cheesy Drop Biscuit & Sliced Peaches

15 LUNCH: Chicken Nuggets
Coleslaw with Coleslaw Dressing • Cold Chickpea Salad
SNACK: WW Graham Crackers & Applesauce

22 LUNCH: Grilled Turkey & Cheese
Tomato Soup • Spinach Salad with Italian Dressing
SNACK: WW Graham Crackers & Pineapple

29 LUNCH: Swedish Meatballs
WW Pasta • Cold Pea Salad • Diced Beets
SNACK: Hummus & Pita

WEDNESDAY

02 LUNCH: Beef & Spanish Rice
Sauteed Zucchini • Par Steamed Cauliflower
SNACK: Pinto Bean Dip & WW Tortilla

09 LUNCH: BBQ Chicken Sandwich
WW Roll • Baked Potato • Southern Coleslaw with Mustard Vinaigrette
SNACK: Cottage Cheese & Cinnamon Apples

16 LUNCH: Beef Goulash
WW Pasta • Garden Salad with Ranch Dressing • Cinnamon Apples
SNACK: WW Zucchini Muffin & Pineapple

23 LUNCH: Ham & Turkey Tetrazzini
Sauteed Zucchini • Fresh Banana
SNACK: WW Blueberry Muffin & Sliced Peaches

30 LUNCH: Chicken & Rice Soup
WW Cornbread • Steamed Carrots • Pineapple
SNACK: WW Lemon Poppyseed Muffin & Sliced Peaches

THURSDAY

03 LUNCH: Three Bean Chili
WW Cornbread • Steamed Mixed Veggies • Sliced Pears
SNACK: Yogurt & Granola

10 LUNCH: Beef w/Mushrooms
Mashed Potatoes • Par Steamed Broccoli • WW Biscuit
SNACK: Hummus & Pita

17 LUNCH: White Chicken Chili
WW Cornbread • Baked Sweet Potatoes • Par Steamed Carrots
SNACK: Saltine Crackers & String Cheese

24 LUNCH: Chicken Fajitas
WW Tortilla • Onions, Peppers • Pinto Beans
SNACK: WW Cornbread & Sliced Turkey

OCT 1 LUNCH: Grilled Hamburger
WW Roll • Baked Potato • Southern Coleslaw with Mustard Vinaigrette
SNACK: Orzo Pasta Salad & String Cheese

FRIDAY

04 LUNCH: Tuna Salad Sandwich
WW Bread • Sliced Cucumbers with Ranch Dip • Par Steamed Carrots
SNACK: Soft Pretzel Bites & String Cheese

11 LUNCH: Turkey & Cheese Sandwich
WW Bread • Provolone Cheese • Chickpea Salad • Par Steamed Carrots
SNACK: WW Banana Muffin & Yogurt

18 LUNCH: Chicken Salad Pita
Sliced Cucumber with Ranch Dip • Par Steamed Cauliflower
SNACK: WW Soft Pretzel Bites & Sliced Peaches

25 LUNCH: Ham & Cheese Sandwich
WW Bread • Sliced Cheddar • Potato Salad • Applesauce
SNACK: Yogurt & Granola

OCT 2 LUNCH: Egg Salad Sandwich
WW Bread • Par Steamed Broccoli • Sliced Cucumbers with Ranch Dressing
SNACK: WW Goldfish Crackers & Pineapple