

## MENU – September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chicken Salad 1 With Lettuce + Tomato Slice Ambrosia Salad & Potato Salad Graham Crackers <b>838 mg</b>
<h1>Happy Labor Day</h1>	BBQ Chicken Thigh 5 Candied Yam Green Beans Roll Fresh Orange 2% Milk <b>1102 mg</b>	Hawaiian Ham Steak 6 Rice Roll Country Vegetable Blend Pineapple Tidbits 2% Milk <b>1266 mg</b>	Meatballs in Marinara Sauce 7 over Penne Pasta Broccoli Roll Peaches <b>1015 mg</b>	Chicken Caesar Salad 8 Three Bean Salad Banana Pudding <b>1116 mg</b>
Kielbasa Sausage 11 Over Rice Steamed Cabbage Roll Sliced Peaches <b>1032 mg</b>	Pork Stir Fry with 12 Oriental Vegetables Over Brown Rice Egg Roll Pineapple Chunks <b>1205 mg</b>	Beef Goulash 13 Carrots Cornbread Pears <b>716 mg</b>	Chicken Alfredo 14 Green Peas Roll Apple Crisps <b>863 mg</b>	Chef Salad with Turkey 15 Egg and Cheese Ranch Dressing Pasta Salad Fruit Cocktail Saltine Crackers Oatmeal Cookie <b>1277 mg</b>
Chicken Patty on Bun 18 California Vegetable Blend Blueberry Oatmeal Crisp <b>1294 mg</b>	Stuffed Pepper Casserole 19 Green Beans Roll Pineapple Upside Down Cake <b>974 mg</b>	Chicken Enchilada 20 Seasoned Corn Black Beans and Rice Fresh Banana <b>1033 mg</b>	Meatloaf with Gravy 21 Mashed Potatoes Green Peas Roll Sliced Pears <b>1112 mg</b>	Tuna Salad 22 Creamy Coleslaw Saltine Crackers Mandarin Oranges Oatmeal Cookie <b>1156 mg</b>
Chicken a la Orange + Rice 25 Mixed Vegetables Roll Pineapple Chunks <b>637 mg</b>	Pork BBQ on Bun 26 Boiled Potatoes Coleslaw Cinnamon Baked Apples <b>1091 mg</b>	Beef Chili over Brown Rice 27 Carrots Cornbread Tropical Fruit <b>831 mg</b>	Turkey Tetrazzini 28 Broccoli Roll Pears <b>849 mg</b>	Chicken Salad 29 With Lettuce + Tomato Slice Ambrosia Salad & Potato Salad Graham Crackers <b>838 mg</b>

\*\*All meals contain an 8 oz serving of 2% milk\*\*

Each meal contains at least one-third of the current recommended daily allowances for individuals 51 years of age and older. The meal must contain at least 2 ounces of cooked protein, 2 servings of breads/grains, and 2 servings of fruits and vegetables. The individual meal must contain at least 700 calories with no more than 1300 mg sodium.

Sodium levels for each meal are highlighted