



# Lunch menu

## September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 31</b> Cube steak with gravy Mashed potatoes Green beans Fresh fruit Beverage	<b>1</b> Chicken fricassee Squash casserole Collard greens Whole wheat roll Pound cake Beverage	<b>2</b> Spaghetti with meat sauce Steamed broccoli Sliced carrots Bananapudding Beverage	<b>3</b> Smoked sausage with peppers and onions Field peas Cabbage Rice pilaf Yogurt Beverage	<b>4</b> Turkey and cheese on a whole wheat bun Potato salad Lettuce and tomato Gelatin with fruit Beverage
<b>7</b> Baked ziti English green peas Sliced sweet carrots Fruit Cup Beverage	<b>8</b> Beef stew with roasted vegetables Steamed broccoli Brown rice Oatmeal cream cookie Beverage	<b>9</b> BBQ pulled pork Potato wedges Cole slaw Burger bun Fresh fruit Beverage	<b>10</b> Lemon herb chicken Lima beans Stewed tomatoes Rice Fruit cup Beverage	<b>11</b> Tuna salad Potato salad Tomato & cucumber salad Crackers Gelatin with fruit Beverage
<b>14</b> Pork chops with gravy Butter beans Sweet carrots Yellow rice Fresh fruit Beverage	<b>15</b> Barbeque chicken Scalloped potatoes Zucchini and yellow squash Blueberry muffin Beverage	<b>16</b> Sausage dog Peppers and onions Potato wedges Cole slaw Hotdog bun Fresh fruit Beverage	<b>17</b> Shana's creole fish Green beans Spanish rice Peach cobbler Beverage	<b>18</b> Chicken and rice casserole Harvard beets Steamed squash & onions Yogurt with fruit Beverage
<b>21</b> Salisbury steak & gravy Mashed potatoes Steamed broccoli Whole wheat roll Fresh peach Beverage	<b>22</b> Baked ziti English peas Tossed salad with Italian dressing Garlic bread Oatmeal cream cookie Beverage	<b>23</b> Barbeque chicken Turnip greens Baked macaroni & cheese Tossed salad with dressing Fresh fruit Beverage	<b>24</b> Cheeseburger on whole wheat bun with lettuce, tomatoes, onions, ketchup, mustard, mayonnaise Baked beans Fruit cup Beverage	<b>25</b> Lemon pepper fish Okra and tomatoes Grits Pineapple tidbits Beverage
<b>28</b> Cube steak with gravy Mashed potatoes Green beans Fresh fruit Beverage	<b>29</b> Chicken fricassee Squash casserole Collard greens Whole wheat roll Pound cake Beverage	<b>30</b> Spaghetti with meat sauce Steamed broccoli Sliced carrots Bananapudding Beverage		

\*Menu subject to market availability

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