

SEPTEMBER 2026
MONTHLY LUNCH CALANDER

SEPTEMBER LUNCH MENU – Whole Wheat Bread & 1% Milk Included

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Sweet & Sour Chicken Tenders Garlic Mashed Potatoes Steamed Broccoli Orange	2) Braised Beef Short Ribs Baked Potato Brussel Sprouts Watermelon	3) Baked Chicken Breast w/ Yogurt Steamed Cabbage Sweet Baked Yams	4) Baked Fish w Mushroom & Peppers Lemon Dill Fish Marinade Yellow Rice Sauteed String Beans Grapes
7) White Bean & Veggie Pot Pies w/ Cornbread Crust Classic Garlic Bread Tossed Salad w/ Dressing Apple	8) Baked Korean Chicken Wings Baked Mac & Cheese Sauteed String Beans Pear	9) Stewed Pork Chops Brown Rice Steamed Spinach Tossed Salad w/ Dressing Orange	10) Turkey Burger w/ Cheese Bakes Fries Cabbage Carrot Slaw Honeydew	11) Baked Fish w/ Lemon Garlic Butter Sauce Sauteed Onions & Peppers Yellow Rice Steamed Carrots Banna or Canned Sliced Peaches
14) Arroz con Gandules Boiled Southern Greens Canned Pineapple	15) Beef & Turkey Meatloaf w/ Mushroom Gravy Classic Garlic Bread Broccoli & Red Peppers Garlic Mashed Potatoes Cantaloupe	16) Stuffed Peppers w/ Turkey Classic Garlic Bread Steamed Carrots Honeydew	17) Baked Turkey Drumsticks Rice & Beans Tossed Salad w/ Dressing Orange	18) Baked Salmon w/ Lemon, Tarragon & Thyme Salmon Salad Whole Grain Corn Muffins Poato Salad w/ Eggs Banana
21) All American Loaded Baked Potato Classic Garlic Bread Spinach, Apple & Red Onion Salad Watermelon	22) Baked Turkey Wings Yellow Rice Israeli Salad Banana	23) Beef Hamburger Sauteed Onions & Peppers Kale w/ Tomatoes Roasted Sweet Potato Fries Apple	24) Chinese Style Stewed Chickem & Tomatoes Arroz con Gandules Normandy Blend Cantaloupe	25) Oven Fried Fish Pasta Veggie Mix Orange
28) Tex-Mex Barley, Bean & Corn Salad Classic Garlic Bread Breaded Eggplant Cutlets Steamed Carrots	29) Beef Liver w/ Onions Garlic Mashed Potatoes Sauteed Green Beans w/ Onions Cantaloupe	30) Tuna Salad w/ Eggs Beet Salad Lettuce & Tomato Applesauce		

MENU SUBJECT TO CHANGE!
**THANK YOU FOR YOUR CONTRIBUTIONS. IT
HELPS TO ENHANCE THE PROGRAM WITH
PARTIES, SUPPLIES AND EVENTS 😊**