

Noon Menu

ADSS NUTRITION PROGRAM

SEPTEMBER

SUMMER 2010

		<u>Menu 3</u> 1 Grilled Chicken Fingers (3)/ Chicken Gravy Country Potatoes Green Peas Pineapple Tidbits Wheat Bread Margarine Chocolate Marshmallow Pie Milk	<u>Menu 4</u> 2 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayo Hot Apple Cobbler Milk/Chocolate Milk	<u>Menu 5</u> 3 Orange/Pineapple Juice Braised Beef/ Noodles Green Beans Tossed Salad /Ranch Dressing Multigrain Bread Margarine Chocolate Cake Milk	
Labor Day Centers Closed	<u>Menu 6</u> 6 Sliced Turkey Breast/Gravy Whipped Sweet Potatoes Crowder Peas Sliced Peaches Wheat Bread Margarine Yellow Cake Milk	<u>Menu 7</u> 7 Sliced Turkey Breast/Gravy Whipped Sweet Potatoes Crowder Peas Sliced Peaches Cabbage Cornbread Margarine Raspberry Pear Gelatin Milk/Buttermilk	<u>Menu 8</u> 8 Blended Juice Meatloaf/Tomato Gravy Black-eyed Peas Cabbage Cornbread Margarine Raspberry Pear Gelatin Milk/Buttermilk	<u>Menu 9</u> 9 Grape Juice Ham and White Beans Garden Vegetables Fresh Fruit Wheat Bread Margarine Marble Pudding Milk	<u>Menu 10</u> 10 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Hot Peach Crisp Milk/Chocolate Milk
<u>Menu 11</u> 13 Chuckwagon Steak Garlic Whipped Potatoes Broccoli/Cheese Sauce Sliced Apples Wheat Roll Margarine Peanut Butter Cookie Milk	<u>Menu 12</u> 14 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Lemon Gelatin/Mandarin Oranges/ Pineapple Milk/Chocolate Milk	<u>Menu 13</u> 15 Sliced Ham Mustard Greens Country Corn Fresh Fruit Cornbread Margarine Birthday Cake Milk/Buttermilk	<u>Menu 14</u> 16 Cranberry Juice Chicken Broccoli Rice Casserole Succotash Herbed Green Beans Wheat Bread Margarine Fig Bar Milk	<u>Menu 15</u> 17 Apple Cherry Juice BBQ Rib Patty Northern Beans Marinated Slaw Texas Bread Margarine Cranberry Congealed Salad Milk	
<u>Menu 16</u> 20 Orange Juice Ham Macaroni Casserole Mixed Vegetables Peaches and Pears Wheat Bread Margarine Marble Cake Milk	<u>Menu 17</u> 21 Cold Plate – Chef Salad Diced Turkey Tossed Salad – 1 cup Cheese and Diced Eggs Italian Dressing (2) Macaroni Salad Multigrain Bread Margarine Fig Bar Milk	<u>Menu 18</u> 22 Country Fried Steak Parslied Potatoes Peas/Carrots Fresh Fruit Wheat Bread Margarine Cherry Gelatin Milk Alternate: Parmesan Chicken/Penne Pasta	<u>Menu 19</u> 23 Vegetable Plate: Macaroni and Cheese Black Eyed Peas Collard Greens Cucumber Salad Cornbread Margarine Fudge Cookie Milk/Buttermilk	<u>Menu 20</u> 24 Grape Juice BBQ Chicken Rice Pilaf California Vegetables Multigrain Bread Margarine Butterscotch Pudding Milk	
<u>Menu 1</u> 27 Blended Juice Chicken Noodle Casserole Okra & Tomatoes Buttered Carrots Texas Bread Margarine Apple Spice Cookie Milk	<u>Menu 2</u> 28 BBQ Meatballs (3) Yellow Rice Turnip Greens Fresh Fruit Cornbread Margarine Orange Gelatin Milk/Buttermilk	<u>Special Meal 2</u> 29 Breaded Pork/Cream Gravy Whipped Potatoes Green Peas Pineapple Tidbits Wheat Bread Margarine Assorted Cake Milk	<u>Special Meal 3</u> 30 Orange Pineapple Juice Beef Fingers/Gravy Black-eyed Peas Green Beans Wheat Bread Margarine Assorted Snack Cakes/Cookies Milk		