

# September Menu- APPROVED

2022



Mostly Whole Wheat or Whole Grain Products

**ALL MEALS**  
SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday		
<b>SHADED DAYS = DELIVERY DAYS</b>  If you get 5 meals = M/T/Th If you get 3 meals = Th ONLY If you get 2 meals = M/T-ONLY	Meals can be delivered to cooler/ice pack for <i>occasional</i> appointments. To cancel a meal, call at least the day before. <i>4 missed meals with no call can result in termination.</i>	<b>AMERICA, LET'S DO LUNCH™</b>	1 <b>FROZEN</b> Roasted Cod Provencal Brussels Sprouts Mac n Cheese Wheat Roll Applesauce String Cheese	2 <b>COLD</b> Red Pepper Hummus Broccoli Salad Corn & Black Bean Salad Pita Mixed fruit Chocolate Milk		
	5 <b>HOT</b> <b>Happy Labor Day!</b>  <b>No Meal Delivery Today</b>		6 <b>HOT</b> Cheeseburger+ Bun Roasted Potatoes Collard Greens  Mixed Fruit Chocolate Milk	7 <b>COLD</b> Pimento Cheese Kale Salad Orzo Pasta Salad Whole Wheat bread Peaches 2% Milk	8 <b>Frozen</b> Gumbo Roasted Broccoli Brown Rice w/ Herbs Whole Wheat Roll Applesauce String Cheese	9 <b>FROZEN</b> Pinto Posole Green Beans Polenta w/ Sundried Tomatoes Peaches 2% Milk
	12 <b>HOT</b> Fish Sticks Roasted Red Potatoes Corn O'Brien Whole Wheat Roll Raisins String Cheese		13 <b>HOT</b> Chicken Livers w/ Onion Mashed Potatoes Peas Applesauce Cornbread 2% Milk	14 <b>COLD</b> Southwestern Chicken Salad Corn & Black Bean Salad Salsa, Chipolte Ranch Wheat Roll Peaches 2% Milk	15 <b>FROZEN</b> Butternut Squash Soup Brussels Sprouts Rice w/ Roasted Tomatoes Biscuit Mixed Fruit Chocolate Milk	16 <b>COLD</b> Pesto Chicken Pasta Salad Broccoli Salad Carrot Raisin Salad Wheat Roll Peaches Yogurt
19 <b>HOT</b> "Hot" Honey Chicken Pimento Cheese Grits Roasted Broccoli Whole Wheat Roll Applesauce 2% Milk	20 <b>HOT</b> Red Lentil Soup Brussels Sprouts Steamed Brown Rice Biscuit Mixed Fruit Chocolate milk	21 <b>COLD</b> Black Bean Burrito Salsa Verde Corn O'brian Cilantro Lime Rice Raisins String Cheese	22 <b>COLD</b> Turkey & Swiss on Wheat Potato Salad Kale Salad Peaches 2% Milk	23 <b>FROZEN</b> Bolognese Peas Honey Glazed Carrots Wheat Roll Apple Yogurt		
26 <b>HOT</b> Sausage w/ Peps & Onion Honey Glazed Carrots Steamed Brown Rice Whole Wheat Roll Mixed Fruit String Cheese	27 <b>HOT</b> Panko Crusted Whitefish Tumeric Roasted Cauliflower Collard Greens Whole Wheat Roll Applesauce 2% Milk	28 <b>FROZEN</b> Bell Pepper Soup Mac N Cheese Steamed Squash Cornbread Mixed Fruit 2% Milk	29 <b>FROZEN</b> Baked Potato w Veg Chili Steamed Broccoli Roasted Tomatoes Whole Wheat Roll Peaches Chocolate Milk	30 <b>COLD</b> Chicken Ceaser Salad Carrot Raisin Salad Bean Salad Whole Wheat Roll Apple		
<b>MEALS INCLUDE:</b> <b>1/3 RECOMMENDED DAILY REQUIREMENTS INCLUDING DAIRY</b>	<b>ALL MEALS:</b> <b>APPROVED BY HHS A REGISTERED DIETITIAN &amp; KITCHEN SUPERVISOR</b>	<b>QUESTIONS:</b> <b>STEFFIE DUGINSKE PROGRAM SUPERVISOR 828-356-2442</b>	<b>IF YOU HAVEN'T RECEIVED YOUR MEAL BY NOON CALL US!</b>	<b>DELIVERY DAYS:</b> MONDAY - 1 HOT MEAL TUESDAY - 1 HOT MEAL THURSDAY - 3 MEALS = FROZEN &/OR COLD PICNIC		