



September is  
National Honey  
Month!

# September 2010

Mon	Tue	Wed	Thu	Fri
		1 Spaghetti and Meatballs Cooked Carrots Spinach Salad Wheat Bread Banana	2 Meatballs wit h brown Gravy Vegetarian Baked Beans Fresh Sliced cucumber Bread Fresh Fruit	3 Baked Mostacolli Spinach Romaine Salad Green Beans Fresh Fruit Bread
6 Concordia Closed Happy Memorial Day!	7 Chicken Fajitas Spanish Rice and Beans Shredded lettuce Wheat Tortilla Fresh Orange	8 Salisbury Steak in Gravy Roasted Potatoes Carrot Pineapple Salad Wheat Bread Banana	9 Turkey Stew w/Veggies Sliced Tomato Dinner Roll Seasonal Fresh Fruit	10 Chicken Leg Sweet Kernel Corn Sweet Peas Wheat Bread
13 Four Cheese Macaroni Sweet Peas Cooked Carrots Wheat Bread Mandarin Oranges	14 Spaghetti & Meatballs Green Beans Garden Salad Wheat Bread Fresh Fruit	15 Chicken Legs Diced Potato Salad Cooked Carrots Wheat Bread Banana	16 Sloppy Joe Sandwich Vegetarian Baked Beans Confetti Coleslaw Fresh Fruit	17 Broccoli Chicken w/ Fettuccini Sliced Tomato Wheat Bread Fresh Fruit
20 Meatballs w/ Gravy Mashed Potatoes Creamy Coleslaw Wheat Bread Applesauce	21 Spaghetti Parmesan Diced Potato Salad Corn Salad in Vinaigrette Wheat Bread Fresh Orange	22 Sliced Turkey & Gravy Green Beans Sliced Cucumber w/ Dip Wheat Bread Fresh Banana	23 Chicken Nuggets Carrot and Sweet Peas Spinach Romaine Salad Wheat Bread Fresh Fruit	24 Tacos Black Beans & Rice Diced Tomatoes Shredded lettuce Fresh Orange
27 Kiddie Lasagna w/ Spinach Zucchini Coins w/ Ranch dip Whole Wheat Bread Pineapple Tidbits	28 Chicken Caesar Salad Diced Potato Salad Saltine crackers Fresh fruit	29 Spaghetti and Meatballs Cooked Carrots Spinach Salad Wheat Bread Banana	30 Meatballs w/ brown gravy Vegetarian Baked Beans Fresh Sliced cucumber Bread Fresh Fruit	