



September 2010

Mon	Tue	Wed	Thu	Fri
		1 Spaghetti and Meatballs Cooked Carrots Spinach Salad Wheat Bread Banana	2 Meatballs with brown Gravy Vegetarian Baked Beans Fresh Sliced cucumber Bread Fresh Fruit	3 Baked Mostacolli Sweet Peas Fresh Carrots Orange 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 Egg Salad Potatoe Salad Spinach Salad Crackers Fresh Fruit
13 Ham Cheese Macaroni Sweet Peas Fresh Carrots Wheat Bread Mandarin Oranges	14 Spaghetti & Meatballs Green Beans Garden Salad Wheat Bread Fresh Fruit	15 Turkey Salad Diced Potato Salad Fresh Carrots Crackers 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 Turkey Salad Diced Potato Salad Corn Salad in Vinaigrette Crackers Fresh Orange	22 Beef Frank & Beans Sliced Cucumber Sliced Cucumber w/ Dip Wheat Bread Fresh Banana	23 Turkey A La King/ Rice Carrot / Sweet Peas Spinach Romaine Salad Wheat Bread	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 Turkey/Gravy Mashed Potatoe Broccoli Dinner Roll Fresh Fruit	

