

September 2022

| | | | | |
|---|--|--|---|--|
| <p>26 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Cheeseburger w/ seasoned potato, fresh carrots w/ ranch dip</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p> | <p>27 Tuesday</p> <p>Breakfast: Bagel w/cream cheese or cereal</p> <p>Lunch: Corn dog, baked beans, apple slices, broccoli w/ ranch dip</p> <p>Deli: Turkey & Cheese sandwich Black Bean Salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>28 Wednesday</p> <p>Breakfast: Egg, ham, & Cheese, Quesadilla or assorted cereal</p> <p>Lunch: Shepherds Pie Dinner, gravy, roll & margarine</p> <p>Deli: Ham & Cheese Sandwich w/ marinated cucumber slices</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p> | <p>29 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Chicken Parmesan Sandwich, w/side salad</p> <p>Deli: Turkey & Cheese Sandwich Broccoli Pasta Salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>30 Friday</p> <p>Breakfast: Egg, Sausage, & Cheese on an English Muffin or assorted cereal</p> <p>Lunch: Cheese Stuffed Breadsticks , marinara sauce, & Tossed Salad</p> <p>Deli: Ham & Cheese Sandwich</p> <p>Salad: Chicken Caesar Salad w/ romaine mix, croutons, parmesan cheese, & roll</p> |
| <p>October 2022</p> | | | | |
| <p>3 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Sloppy Joe sandwich, seasoned potato, fresh carrots & dip</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p> | <p>4 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: B.B.Q. Pork Patty sub, baked beans, corn</p> <p>Deli: Turkey & Cheese sandwich Black Bean Salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>5 Wednesday</p> <p>Breakfast Egg, ham, & cheese breakfast quesadilla or cereal</p> <p>Lunch: Baked cheese lasagna w/ Caesar salad, roll & margarine</p> <p>Deli: Ham & Cheese Sandwich w/marinated cucumber slices</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p> | <p>6 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Hot Turkey & stuffing sandwich, gravy, mashed potato, broccoli w/ranch dip</p> <p>Deli: Turkey & Cheese Sandwich Broccoli Pasta salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>7 Friday</p> <p>Breakfast: Egg, sausage, & cheese on English Muffin or assorted cereal</p> <p>Lunch: Chicken Patty sandwich, lettuce & tomato, potato wedges,</p> <p>Deli: Ham & Cheese Sandwich</p> <p>Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p> |