

# September 2022

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| <p><b>12 Monday</b></p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Spicy Chicken Sandwich w/ seasoned potato , fresh carrots w/ ranch dip</p> <p>Deli: Turkey &amp; Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, &amp; roll</p> | <p><b>13 Tuesday</b></p> <p>Breakfast: Bagel w/cream cheese or cereal</p> <p>Lunch: Cheese burger, baked beans, corn</p> <p>Deli: Ham &amp; Cheese sandwich Black Bean Salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; roll</p>       | <p><b>14 Wednesday</b></p> <p>Breakfast: Egg, ham, &amp; Cheese, pocket or assorted cereal</p> <p>Lunch: Chicken parmesan over rotini pasta w/ roll &amp; margarine</p> <p>Deli: Turkey &amp; Cheese Sandwich with side salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, &amp; Roll</p>            | <p><b>15 Thursday</b></p> <p>Breakfast: 2 Pancakes w/sausage &amp; syrup or assorted cereal</p> <p>Lunch: Loaded Nachos, taco meat, salsa, cheddar cheese, lettuce &amp; tomato, sour cream, fresh broccoli with ranch dip</p> <p>Deli: Ham &amp; Cheese Sandwich Broccoli Pasta Salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; roll</p> | <p><b>16 Friday</b></p> <p>Breakfast: Egg, Sausage, &amp; Cheese on an English Muffin or assorted cereal</p> <p>Lunch: Buffalo Chicken Pizza w/garden salad<br/>Deli: Ham &amp; Cheese Sandwich</p> <p>Salad: Chicken Caesar Salad w/ romaine mix, croutons, parmesan cheese, &amp; roll</p> |
| <p><b>19 Monday</b></p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Chicken Patty Sandwich w/ seasoned potato , fresh carrots w/ ranch dip</p> <p>Deli: Turkey &amp; Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, &amp; roll</p> | <p><b>20 Tuesday</b></p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Hot dog, corn, baked beans,</p> <p>Deli: Ham &amp; Cheese sandwich Black Bean Salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; roll</p> | <p><b>21 Wednesday</b></p> <p>Breakfast Egg, ham, &amp; cheese breakfast pocket or cereal</p> <p>Lunch: Spaghetti with Meat sauce, parmesan cheese, roll &amp; margarine</p> <p>Deli: Turkey &amp; Cheese Sandwich Cucumber Slices w/dip</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, &amp; Roll</p> | <p><b>22 Thursday</b></p> <p>Breakfast: 2 Pancakes w/sausage &amp; syrup or assorted cereal</p> <p>Lunch: Montreal Seasoned Chicken filet &amp; cheese sandwich w/potato and fresh broccoli w/ranch dip</p> <p>Deli: Ham &amp; Cheese Sandwich Broccoli Pasta salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; roll</p>                    | <p><b>23 Friday</b></p> <p>Breakfast: Egg, sausage, &amp; cheese on English Muffin or assorted cereal</p> <p>Lunch: Chicken &amp; Cheese quesadilla, salsa, sour cream, Spanish rice,garden salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, &amp; Roll</p>      |