


<p><b><u>SEPTEMBER</u></b> <b><u>2018</u></b></p> 						<p><b><u>SATURDAY</u></b> 1</p>
<p><b><u>Recommended Serving Sizes</u></b> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><b><u>MONDAY</u></b> 3</p> <p><b><u>LABOR DAY</u></b> Company Holiday</p>	<p><b><u>TUESDAY</u></b> 4</p> <p>Baked Ham Scalloped Potatoes Broccoli Wheat Bread Pineapple Milk</p>	<p><b><u>WEDNESDAY</u></b> 5</p> <p>Beef Stew Tossed Salad Cheese/onion Roll Pears Banana Dessert Milk</p>	<p><b><u>THURSDAY</u></b> 6</p> <p>Beef/Broccoli Rice Egg Roll Purple Plums Milk</p>	<p><b><u>FRIDAY</u></b> 7</p> <p>Chicken Salad Sandwich Vegetable Soup Pickle Spear Peaches Milk</p>	<p><b><u>SATURDAY</u></b> 8</p> <p>Elk Mt Breakfast 9:00 A.M. Pancakes Sausage Juice Chilled Milk</p>
	<p><b><u>MONDAY</u></b> 10</p> <p>Pork Roast Mash. Pot./gravy Brussels Sprouts Wheat Roll Country Apple Dessert Milk</p>	<p><b><u>TUESDAY</u></b> 11</p> <p>Beef Wellington Oven Potato Peas/Carrots Wheat Bread Cherries Milk</p>	<p><b><u>WEDNESDAY</u></b> 12</p> <p>Cheeseburger Lettuce, tomato, onion French Fries Cole Slaw Applesauce Milk</p>	<p><b><u>THURSDAY</u></b> 13</p> <p>Tuna Casserole Mixed Vegetables Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p><b><u>FRIDAY</u></b> 14</p> <p>Oven Chicken Mash. Pot./gravy Green Beans Wheat Roll Strawberries Milk</p>	<p><b><u>SATURDAY</u></b> 15</p>
	<p><b><u>MONDAY</u></b> 17</p> <p>Meatloaf O'Brien Potatoes Spinach Wheat Bread Fruit Cup Milk</p>	<p><b><u>TUESDAY</u></b> 18</p> <p>Chicken/Dumplings Zucchini Wheat Roll Mandarin Oranges Milk</p>	<p><b><u>WEDNESDAY</u></b> 19</p> <p>Spaghetti/meat sauce Tossed Salad Garlic Bread Citrus Fruit Milk</p>	<p><b><u>THURSDAY</u></b> 20</p> <p>Baked Pork Chop Rice Pilaf Beets Wheat Roll Apricots Milk</p>	<p><b><u>FRIDAY</u></b> 21</p> <p>Roast Beef Mash. Pot./gravy Corn Wheat Roll Pineapple Tidbits Spice Cake Milk</p>	<p><b><u>SATURDAY</u></b> 22</p> <p>Elk Mt Breakfast 9:00 A.M. Sausage Gravy Biscuits Juice Chilled Milk</p>
	<p><b><u>MONDAY</u></b> 24</p> <p>Chili Cheese/onion Tossed Salad Corn Bread Strawberries Milk</p>	<p><b><u>TUESDAY</u></b> 25</p> <p>Swedish Meatballs Noodles Squash Blend Wheat Bread Peaches Milk</p>	<p><b><u>WEDNESDAY</u></b> 26</p> <p>Hot Turkey Sand. Mash. Pot./gravy Asparagus Cherry Crisp Milk</p>	<p><b><u>THURSDAY</u></b> 27</p> <p>Beef Tacos Lettuce/tom./cheese Refried Beans Corn Apricots Milk</p>	<p><b><u>FRIDAY</u></b> 28</p> <p>Baked Fish Wild Rice Blend Stewed Tomatoes Wheat Bread Pears Pumpkin Bar Milk</p>	<p><b><u>SATURDAY</u></b> 29</p> 