

SEPTEMBER

White Pine Nutrition Program 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	HOLIDAY	2	Chicken Cordon Bleu Baked Potato Wedges Capri Veggies Fruit	3	#110 Baked Pork Chops Mashed Sweet Potatoes Green Beans Banana W/W Roll	4	Salmon Alfredo Sauce/Noodles Bean Combo Fruit	5	#34 Sloppy Joes W/W Bun Baked Beans Mixed Fruit Dessert
9	Ham Blackeyed Pea Rice Dish Broccoli/Cauliflower Fruit	10	#39 Spaghetti/Meat Sauce Zucchini Colorful Salad W/W Bread Fresh Orange	11	#90 Lentil Soup Tuna Salad Sandwich WW Bread Carrots Applesauce	12	Turkey Roast Mashed Potatoes/Gravy California Blend Veggies Mixed Fruit	13	Salisbury Steak Onions/Gravy over Noodles Key West Blend Veggies Fruit Dessert
16	Crab Salad Lettuce/Tomato/Egg Tomato Basil Soup Fruit WW Roll	17	Chicken Breast Grilled Tomato Sauce Noodles Italian Veggies Fruit	18	Sub Sandwich Lettuce/Tomato/Onion 3 Bean Salad Carrot/Raisin Salad Fresh Orange	19	#14 Beef Patty WW Bun Baked Beans Lettuce/Tomato/Onion Mixed Veggies Cantaloupe	20	#117 Herb Baked Pork Roast Corn Muffin Broccoli Tossed Salad Banana Dessert
23	#174 Italian Baked Chicken Parsley Noodles Garden Salad Fresh Orange WW Crackers	24	Roast Beef Potatoes/Carrots/Onions Peas Fruit	25	#3 Meat Loaf Mashed Potatoes/Gravy Steamed Spinach WW Bread Tropical Fruit Mix	26	Breaded Tilapia Coleslaw Macaroni Salad Veggies Fresh Fruit Tartar Sauce	27	Chicken Fajita Spanish Rice Ranch Beans Orange Spinach Salad Birthday Cake

Gravy Served with Mashed Potatoes

2% Milk Served Daily

MENU SUBJECT TO CHANGE WITHOUT NOTICE

HOME BOUND PLEASE CALL BEFORE 8:00 AM IF YOU WILL NOT BE HOME 289-2742