

WEEK 1	MONDAY 9/24	TUESDAY 9/25	WEDNESDAY 9/26	THURSDAY 9/27	FRIDAY 9/28
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Hard Boiled Egg Turkey Sausage Patty Whole Wheat Mini Bagel Oatmeal Apple Apple Juice Milk Low Fat, 1%	Cinnamon French Toast Turkey Bacon Oatmeal Orange Juice Banana Milk, Low Fat 1%	Waffles Turkey Bacon Oatmeal Orange Pineapple Juice Apple Milk, Low fat 1%	Scrambled Eggs with Swiss Mayo Whole Wheat Bread Pear Pineapple Juice Milk, Low Fat 1%	Pancakes Turkey Sausage Patty Frozen Mixed Berries Apple Juice Baked Apple Milk, Low Fat 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Beef Meatloaf with Mushroom Gravy Whole Wheat Bread Mixed Vegetables Garlic Mashed Potatoes Orange Milk Low Fat, 1%	Baked Chicken Breast with Yogurt Brown Rice Steamed Broccoli Pear Milk Low Fat, 1%	<p>Special Lunch for National Hispanic Heritage Month Celebration</p> Roast Pork Loin with Mojito Sauce, White Rice, Red Beans and Latino Style Rice Pudding	Oven Fried Chicken Brown Rice With Mushrooms Prince Edward Blend Vegetables Pineapple Milk Low Fat, 1%	Home Made Fish Cake Whole Wheat Bread Yellow Rice Oriental Blend Vegetable Banana Milk Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Baked Turkey Breast Whole Wheat Mini Bagel Broccoli and Potato Soup Lettuce & Tomato Salad Apple Milk Low Fat, 1%	Cheese Blintzes Challah Bread Carrot & Raisin Salad Orange Milk Low Fat, 1%	Mexican Style Chicken Thighs and Rice Whole Wheat Dinner Roll Beet Salad with Yogurt - Dressing Orange Milk Low Fat, 1%	Cheese Ravioli with Tomato Sauce Whole Wheat Bread Cucumber Dill Salad Baked Apple Milk Low Fat, 1%	Deluxe Cheeseburger with Onions Hamburger Bun, Whole Wheat Tossed Salad Mashed Sweet Potatoes Canned Pineapple Milk Low Fat, 1%

WEEK 2	MONDAY 10/1	TUESDAY 10/2	WEDNESDAY 10/3	THURSDAY 10/4	FRIDAY 10/5
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Waffles Turkey Bacon Oatmeal Orange Juice Banana Milk, Low Fat, 1%</p>	<p>Egg Whites with Turkey Bacon with Whole Wheat Bread Bran Flakes Cereal Orange Pineapple Juice Milk, Low Fat, 1%</p>	<p>Cinnamon French Toast Scrambled Eggs Creamy Apple Raisin Oatmeal Pear Apple Juice Milk, Low Fat, 1%</p>	<p>Scrambled Eggs with Swiss Whole Wheat English Muffin Grits Banana Orange Pineapple Juice Milk, lowfat, 1%</p>	<p>Pancakes with Frozen Mixed Berries Turkey Sausage Patty Bran Flakes Cereal Orange Apple Juice Milk, low fat,1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Arroz con Pollo (Chicken Breast and Rice) Whole Wheat Bread Capri Blend Vegetable Orange Milk, Low Fat, 1%</p>	<p>Southwest Turkey Meatloaf Whole Wheat Dinner Roll Dominican Moro Baby Spinach Salad Apple Milk, Low Fat, 1%</p>	<p>Baked Pork Au Gratin Potato Whole wheat Bread Garden Salad Pear Milk, Low Fat, 1%</p>	<p>Chicken Chunks with Red Sauce with Bowtie Pasta Whole Wheat Bread Steam Peas and Carrots Fruit Cocktail Milk, Low Fat, 1%</p>	<p>Spanish Style Baked Cod Smashed Mixed Potatoes and Cauliflower Whole Wheat Bread Orange Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Curried Chicken Salad Whole Wheat Bread Black Bean Soup Baby Spinach Salad Banana Milk, Low Fat, 1%</p>	<p>Meat Sauce with Chunky Peppers in Tomato Sauce with Spaghetti Arugula Salad with Balsamic Vinegar Baked Apple Milk, Low Fat, 1%</p>	<p>Tuna Noodle Casserole Cucumber Tomato Salad Canned Pear Milk, Low Fat, 1%</p>	<p>Broccoli Soup Cheese Pierogis with Sour Cream Challah Bread Orange Milk, Low Fat, 1%</p>	<p>Chinese Style Chicken Patty Whole Wheat Hamburger Bun Coleslaw, Cucumber Salad Banana Milk, Low Fat, 1%</p>

WEEK 3	MONDAY 10/8	TUESDAY 10/9	WEDNESDAY 10/10	THURSDAY 10/11	FRIDAY 10/12
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Scrambled Eggs with Swiss Whole Wheat Mini Bagel Grits Banana Apple Juice Milk, Low Fat 1%	Cinnamon French Toast Turkey Sausage Patty Multigrain Cheerios Orange Juice Apple Milk, Low Fat 1%	Whole Wheat English Muffin with Turkey Bacon, Lettuce & Tomato Oatmeal Apple Juice Canned Pears Milk, Low fat 1%	Waffles Turkey Bacon Fiber One Cereal Pineapple Juice Banana Milk, Low Fat, 1%	Farmers Market Individual Omelets Raisin Bread Cereal Whole Wheat Bread Orange Pineapple Juice Pear Milk, Low Fat 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Cranberry Chicken Whole Wheat Bread Dominican Moro Beet Salad Orange Milk, Low Fat, 1%	Baked Chicken Thighs with Garlic Peppercorn Sauce Whole Wheat Bread Rice Pilaf Fresh Sliced Tomatoes and Cucumbers Canned Pears	Meat Sauce over Smashed Red Potatoes Whole Wheat Bread Italian Cut Green Beans Orange Milk, Low Fat, 1%	Tender Pork Medallions with Rich Onion Sauce Brown Rice Cabbage Carrot Slaw Orange Milk, Low Fat, 1%	Baked Fish With Garlic Sauce With Ziti Whole Wheat Bread Baby Spinach Salad Canned Pineapple Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Chicken Rice Soup Baked Chicken Thighs With Light Basil Cream Sauce Whole Wheat Bread Baby Spinach Salad Orange Milk, Low Fat, 1%	Salisbury Steak Brown Rice Butternut Squash Soup Mixed Vegetables Orange Milk, Low Fat, 1%	Vegetable Baked Ziti with Whole Wheat Pasta Whole Wheat Bread Mixed Green Salad Banana Milk, Low Fat, 1%	Basic Shepherd's Pie Whole Wheat Bread Lemony Cucumber And Tomato Salad Fruit Cocktail Milk, Low Fat, 1%	Tukey Cheeseburger On Whole Wheat Bun Vegetable Soup Pineapple Milk, Low Fat, 1%

WEEK 4	MONDAY 10/15	TUESDAY 10/16	WEDNESDAY 10/17	THURSDAY 10/18	FRIDAY 10/19
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Hard Boiled Egg Whole Wheat Mini Bagel with Cream Cheese or Jelly Oatmeal with Raisins Orange Pineapple Juice Orange Milk Low Fat, 1%	Cinnamon French Toast with Frozen Mixed Berries Turkey Bacon Oatmeal Pineapple Juice Orange Milk, Low Fat, 1%	Grilled Mozzarella and Tomato Sandwich Cheesy Grits Apple Juice Banana Milk, Low Fat, 1%	Scramble Eggs with Swiss with Whole Wheat English Muffin Oatmeal with Raisins Pear Orange Juice Milk, Low Fat, 1%	Pancakes Turkey Sausage Patty Grits Apple Juice Apple Milk, Low Fat, 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Chicken Jambalaya With Yellow Rice Whole Wheat Bread Cucumber Chickpea Salad Orange Milk, Low Fat, 1%	Baked Macaroni and Cheese Roasted Broccoli Canned Pineapple Milk, Low Fat, 1%	Baked Pork Chops Fresh Tomato Salsa Whole Wheat Bread Baked Potatoes Prince Edward Blend Vegetable Banana Milk, Low Fat, 1%	Palak Spinach Chicken White Rice Creamy Spinach Canned Pears Milk, Low Fat, 1%	Sweet Orange Salmon with Tartar Sauce Brown Rice Whole Wheat Bread Asian Cabbage Apple Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Curry Eggplant with Tomatoes Roasted Vegetable Couscous Butternut Squash Soup Apple Milk, Low Fat, 1%	Cheeseburger w/Onions on Whole Wheat Bun Vegetable Soup Smashed Red Potato Orange Milk, Low Fat, 1%	Cabbage And Chicken Soup Tuna Fish Salad or Egg Salad with Lettuce and Tomato Whole Wheat Hamburger Bun Tossed Salad Pear Milk, Low Fat, 1%	Minced Beef with Peas with Pasta Steamed Broccoli with Soy Sauce Sliced Canned Peaches Milk, Low Fat, 1%	BBQ Chicken Breasts with Whole Wheat Bread Garlicky Boiled Vegetable Baked Fries Orange Milk, Low Fat, 1%

WEEK 5	MONDAY 10/22	TUESDAY 10/23	WEDNESDAY 10/24	THURSDAY 10/25	FRIDAY 10/26
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Waffles Turkey Sausage Link Oatmeal with Raisins and Almond Orange Juice Apple Milk, Low fat 1%	Scrambled Eggs with Swiss Raisin Bran Cereal Whole Wheat Bread Banana Orange Pineapple Juice Milk, lowfat, 1%	Pancakes Turkey Sausage Patty Bran Flakes Cereal Fruit Cocktail Apple Juice Milk, low fat,1%	Cinnamon French Toast Raisin Bran Cereal Orange Pineapple Juice Milk Low Fat,1%	Scrambled Eggs with Red Peppers and Onions Bran Flake Cereal with Dried Cranberry Whole Wheat Bread Pear Apple Juice Milk, Low Fat,1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Curried Chicken Breast Whole Wheat Bread Black Beans and Rice Boiled Southern Greens Orange Milk, Low Fat, 1%	Baked Pork Chops with Sweet and Sour Sauce Whole Wheat Bread Russian Tomato Salad Spiced Sweet Potatoes Apple Milk, Low Fat, 1%	Turkey Meatloaf with Mushroom Gravy with Rice Pilaf Steamed Peas and Carrots Grapes Milk, Low Fat, 1%	Garlic Chicken Meatballs with Ziti with Light Basil Cream Sauce Whole Wheat Bread Italian Cut Green Beans Orange Milk, low fat, 1%	Salmon Cakes with Dill Lemon Sauce Whole Wheat Bread Beet Salad Smashed Red Potatoes Canned Pineapple Milk, low fat, 1%
<p><u>Dinner</u> Lettuce and Tomato Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Cheese Blintzes Challah Bread Cucumber Tomato Salad Creamy Mushroom Soup Apple Milk, Low fat, 1%	Baked Ziti with Meat Sauce Whole Wheat Bread Chickpea Salad and Tomatoes with Parsley Orange Milk, Low fat, 1%	Egg Drop Soup Chinese Style Spaghetti Chinese Style Steamed Cauliflower Banana Milk, Low Fat, 1%	Whole Wheat Cheese Pizza Cream of Spinach Soup Arugula Salad with Balsamic Vinegar Orange Milk, Low Fat, 1%	Cheeseburger w/Onions on Whole Wheat Bun Tossed Salad Baked Fries Grapes Milk, Low Fat, 1%



Menu is subject to change. Please be on lookout for flyers detailing unexpected changes or spe-

WEEK 6	MONDAY 10/29	TUESDAY 10/30	WEDNESDAY 10/31	THURSDAY 11/1	FRIDAY 11/2
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Waffles with Frozen Mixed Berries Turkey Bacon Oatmeal Pear Apple Juice Milk, Low Fat, 1%	Pancakes Turkey Sausage Patty Raisin Bran Cereal Apple Orange Juice Milk, Low Fat, 1%	Hard Boiled Egg Turkey Bacon Whole Wheat Bread Banana Pineapple Juice Milk, Low Fat, 1%	Omelets with Peppers and Onions Turkey Bacon Whole Wheat Bread Raisin Bran Cereal Orange Orange Pineapple Juice Milk, Low Fat, 1%	Grilled Mozzarella and Tomato Sandwich Maypo Pear Apple Juice Milk, Low Fat, 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Salisbury Steak with Brown Gravy and Kashmir Rice Israeli Salad Banana Milk, Low Fat, 1%	Meat Sauce with Chunky Peppers in Tomato Sauce with Bowtie Pasta Tangy Green Beans Fruit Cocktail Milk, Low Fat, 1%	Spaghetti Carbonara with Green Peas with Turkey Bacon Creamed Spinach Orange Milk, Low Fat, 1%	Baked Chicken Breast with Diced Pineapple Sauce with Cuban Style Brown Rice Lemon Garlic Escarole Pear Milk, Low fat, 1%	Salmon in Garlic Butter Sauce with Brown Rice with Beans California Blend Vegetables Canned Pineapple Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Chicken Rice Soup Tuna Melt Cole Slaw Banana Milk, Low Fat, 1%	Creamy Beef and Mushroom Sauce with Whole Wheat Bread Vegetable Soup Homemade Mashed Potatoes Pineapple Milk, Low Fat, 1%	White Bean Soup Arroz Con Pollo– Chicken Breast and Rice Italian Blend Vegetables Orange Milk, Low Fat, 1%	Deli Roast Beef with Brown Gravy Whole Wheat Bread Normandy Blend Pineapple Milk, Low Fat, 1%	Spanish Chicken with Potatoes and Garlic Whole Wheat Bread Yellow Squash Orange Milk, Low Fat, 1%