













SEPTEMBER 2019 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	<p>ADS CLOSED</p> <p><i>Happy Labor Day!</i></p> 	3	<p>BREAKFAST: Dry Cereal/Fruit Skim Milk</p> <p>LUNCH: Chicken Kiev, Rice Pilaf, Cauliflower Wheat Roll</p> <p>SNACK: String Cheese Wheat Crackers</p>	4	<p>BREAKFAST: Multi Grain Waffle Sausage/Fruit/Skm Milk</p> <p>LUNCH: Pot Roast Browned Potatoes Roasted Carrots</p> <p>SNACK: Orange Slices Pretzel Stix</p>	5	<p>BREAKFAST: Egg Bake, Toast Fruit/ Skm Milk</p> <p>LUNCH: Herbed Turkey Corn Casserole Sliced Beets</p> <p>SNACK: Muffin Grapes</p>	6	<p>BREAKFAST: Dry Cereal/Fruit Skim Milk</p> <p>LUNCH: 4 Cheese Lasagna Fruit/Garlic Toast Wheat Rolls</p> <p>SNACK: Cottage Cheese Wheat Crackers</p>
9	<p>BREAKFAST: Dry Cereal Fruit/Skim Milk</p> <p>LUNCH: Ranchers Chicken Bread Dressing Glazed Carrots</p> <p>SNACK: Sliced Bananas Nutela Sandwich</p>	10	<p>BREAKFAST: Egg&Bacon/Toast Fruit/Skm Milk</p> <p>LUNCH: Antipasto Salad Mixed Greens/Cheese Wheat Roll/Skm Milk</p> <p>SNACK: Yogurt Fruit Cup</p> 	11	<p>PATRIOT DAY</p> <p>BREAKFAST: Pancakes Fruit, Skm Milk</p> <p>LUNCH: Baked Chicken Mixed Vegetables Fruit Cup, Wheat Roll</p> <p>SNACK: Soup Wheat Crackers</p> 	12	<p>BREAKFAST: Oatmeal, Fruit Yogurt, Milk</p> <p>LUNCH: BBQ Ham Steak Corn Casserole Capri vegetables</p> <p>SNACK: Hummus Mixed Veggies</p> 	13	<p>BREAKFAST: Dry Cereal Fruit/Sk Milk</p> <p>LUNCH: Fish Fillet Wild Rice/Vegetables Calico Coleslaw</p> <p>SNACK: Turkey Sandwich Grape Juice</p>
16	<p>BREAKFAST: Dry Cereal Fruit/Skim Milk</p> <p>LUNCH: Grilled Chicken Company Potatoes Asparagus/Red Peppers</p> <p>SNACK: Peanut Butter Wheat Crackers</p>	17	<p>BREAKFAST: Fruit/Yogurt Bagels/Skim Milk</p> <p>LUNCH: Hot Dog/Bun Pasta Salad Deviled Eggs</p> <p>SNACK: Hard Bioled Egg Wheat Crackers</p>	18	<p>BREAKFAST: Oatmeal/Fruit WG-Toast/ Skm Milk</p> <p>LUNCH: Salisbury Steak Mashed Potatoes Glazed Baby Carrots</p> <p>SNACK: Crescent Pinwheels Apple Juice</p> 	19	<p>BREAKFAST: Sausage Patty/Biscuit Fruit/Skim Milk</p> <p>LUNCH: Mushroom Cheeseburger Onion Rings Fruit Cup</p> <p>SNACK: Belvita Biscuit Blueberries</p> 	20	<p>BREAKFAST: Dry Cereal/Fruit Skim Milk</p> <p>LUNCH: Pepp.Pizza/ Salad Wheat Roll/Skm Milk Grapes</p> <p>SNACK: Tuna Salad on Wheat/Grapes</p>
23	<p>FIRST DAY OF FALL!</p> <p>BREAKFAST: Dry Cereal Fruit/Skim Milk</p> <p>LUNCH: Mesquite Turkey Baked Swt Potato Sicilian Vegetables</p> <p>SNACK: Fall Trail Mix Apple Juice</p> 	24	<p>BREAKFAST: Fruit Smoothie/yogurt Fruit/ Skm Milk</p> <p>LUNCH: Bacon Salisbury Steak Baked Potato Corn on the Cob</p> <p>SNACK: Peach Pie Cobbler Skm Milk</p> 	25	<p>BREAKFAST: French Toast Bake Fruit/Skm.Milk.</p> <p>LUNCH: Manwich Sandwich Cheesy Potatoes Cole Slaw</p> <p>SNACK: Cottage Cheese Pineapple tid bits</p> 	26	<p>BREAKFAST: Biscuits/Gravy Fruit/Skiim Milk</p> <p>LUNCH: Chicken Stir Fry Vegetable Fried Rice Dinner Roll</p> <p>SNACK: Watermelon Cake Yogurt</p> 	27	<p>BREAKFAST: Dry Cereal Fruit/Skim Milk</p> <p>LUNCH: Baked Fish Parslied Rice Broccoli</p> <p>SNACK: Peanut Butter on Whole Wheat</p>
30	<p>BREAKFAST: Dry Cereal Banana/Skm Milk</p> <p>LUNCH: Glazed Baked Ham Macaronni & Cheese Broccoli/ Corn Bread</p> <p>SNACK: Apple Sauce Wheat Crackers</p>								

CATHOLIC CHARITIES ADULT DAY SERVICES

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE