

SWIRCA & More

Nutrition Menu September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>BBQ Riblet on Bun Homemade Macaroni & Cheese Normandy Blend Pears Milk</p>	<p>2</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>3</p> <p>Stuffed Green Pepper Mashed Potatoes Cauliflower Mixed Fruit Bread/Margarine</p>	<p>4</p> <p>Penne Pasta w/Meat Sauce Italian Beans Warm Spiced Peaches Texas Toast Lettuce Salad w/Dsg. Milk</p>
<p>7</p> <p>LABOR DAY HOLIDAY CLOSED</p>	<p>8</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>9</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>10</p> <p>Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk</p>	<p>11</p> <p>Hard-Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Fruit Milk</p>
<p>14</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Bread/Margarine Mixed Fruit Milk</p>	<p>15</p> <p>Grilled Chicken Pattie Red Skin Potatoes Mixed Vegetables Bread/Marg. Pudding Milk</p>	<p>16</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>17</p> <p>BBQ Pork on Bun AuGratin Potatoes Broccoli Cookie Milk</p>	<p>18</p> <p>Turkey Burger Mashed Potatoes Brussel Spouts Fresh Fruit Bread/Marg Milk</p>
<p>21</p> <p>Chopped Steak w/Gravy Mashed Potatoes Key West Blend Apricots Bread/Marg Milk</p>	<p>22</p> <p>BBQ Chicken Baby Bakers Carrots Bread/Marg Peaches Milk</p>	<p>23</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>24</p> <p><u>Birthday Lunch</u> Sloppy Joe on Bun Cheesy Potatoes Seasoned Green Beans Birthday Cake Milk</p>	<p>25</p> <p>Chili Mac Corn Spiced Applesauce Toss Salad w/Dsg Bread/Marg Milk</p>
<p>28</p> <p>Quarter Pound Frank on Bun Baked Beans Hash Brown Pattie Pineapple Chunks Milk</p>	<p>29</p> <p>Beef & Noodles Baby Bakers Carrots Bread/Margarine Peaches Milk</p>	<p>30</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted</p>	<p><u>Meat/Entrée:</u> 2 ½ -3 oz <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz</p>