


Like a lunch? Call 307-348-7387 by 9 am, morning of the meal. Thank you!

<p>SEPTEMBER 2023</p> 	<p><u>Recommended Serving Sizes</u> 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>HAPPY BIRTHDAY</p> <p>Frosty Crane 12 Buster Johnson 13 Tami Martinez 22 Bill Jones 24 Linda Crane 28 Don Ljungblad 30</p>		<p><u>FRIDAY</u> 1 Oven Chicken Mashed Pot./Gravy Colleens Harvest Salad Asparagus Wheat Roll Cherries Milk</p>	<p><u>SATURDAY</u> 2</p>
<p><u>MONDAY</u> 4 <u>LABOR DAY</u> Company Holiday</p>	<p><u>TUESDAY</u> 5 Meatloaf Parsley Potatoes Lettuce Salad Carrot Coins Wheat Bread Pears Milk</p>	<p><u>WEDNESDAY</u> 6 Chicken Wrap w/Lettuce, Cheese, & Ranch Dressing Macaroni Salad Apricots Milk</p>	<p><u>THURSDAY</u> 7 Goulash Tossed Salad Steamed Peas French Bread ½ Orange Milk</p>	<p><u>FRIDAY</u> 8 Salmon Patty Macaroni & Cheese Zucchini Wheat Roll Fruit Ambrosia Milk</p>	<p><u>SATURDAY</u> 9 <i>BREAKFAST</i> <i>9am</i> Sausage Gravy Biscuits Juice</p>
<p><u>MONDAY</u> 11 Beef Stew Tossed Salad w/ Garbanzo Beans Cheese/Onion Roll ½ Banana Milk</p>	<p><u>TUESDAY</u> 12 Chicken & Dumplings O'Brien Potatoes Mixed Veggies Mandarin Oranges Milk</p>	<p><u>WEDNESDAY</u> 13 Spaghetti/Meat Sauce Tossed Salad Asparagus Garlic Bread Citrus Fruit Milk</p>	<p><u>THURSDAY</u> 14 Bratwurst Wheat Bun Sweet Potato Wedges Carrot & Apple Salad Watermelon Milk</p>	<p><u>FRIDAY</u> 15 Roast Beef Mashed Pot./Gravy Brussels Sprouts Wheat Roll Pineapple Tidbits Spice Cake Milk</p>	<p><u>SATURDAY</u> 16</p>
<p><u>MONDAY</u> 18 Swedish Meatballs Noodles Squash Blend Wheat Bread Peaches Milk</p>	<p><u>TUESDAY</u> 19 Chili Cheese/Onion Tossed Salad Zucchini Corn Bread Strawberries Milk</p>	<p><u>WEDNESDAY</u> 20 Hot Turkey Sandwich Mashed Pot./Gravy Tossed Salad Broccoli Cherry Crisp Milk</p>	<p><u>THURSDAY</u> 21 Beef Tacos Lettuce/Tomato/Cheese Refried Beans Mexican Corn Mix Fruit Cup Milk</p>	<p><u>FRIDAY</u> 22 Baked Fish Wild Rice Blend Stewed Tomatoes Wheat Roll ½ Banana Milk</p>	<p><u>SATURDAY</u> 23 <i>BREAKFAST</i> <i>9am</i> Blueberry Pancakes Sausage Links Juice</p>
<p><u>MONDAY</u> 25 Beef Tips Mashed Pot./Gravy Beets French Bread Mandarin Oranges Milk</p>	<p><u>TUESDAY</u> 26 Chicken Strips Tater Tots Spinach Fruited Jell-O Whipped Topping Brownie Milk</p>	<p><u>WEDNESDAY</u> 27 Beef Wellington Mixed Green Salad Oven Potatoes Peas/Carrots Wheat Bread Cherries Milk</p>	<p><u>THURSDAY</u> 28 Sweet & Sour Pork Steamed Rice Carrot Coins Egg Roll Pears Milk</p>	<p><u>FRIDAY</u> 29 Baked Ham Scalloped Potatoes Green Beans Wheat Bread Pineapple Whip Milk</p>	