


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

<p><b>SEPTEMBER</b> <b>2022</b></p> 	<p><u>Recommended</u> <u>Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 1% milk</p>	<p><b>Birthdays</b> Frosty Crane 12 Buster Johnson 13 Tami Martinez 22 Bill Jones 24 Patricia Blight 25 Linda Crane 28 Don Ljungblad 30</p>	<p><u>THURSDAY</u> 1 Beef/Broccoli Rice Egg Roll Garden Veggie Salad Purple Plums Milk</p>	<p><u>FRIDAY</u> 2 Oven Chicken Mash. Pot./gravy Colleens Harvest Salad Asparagus Wheat Roll Fruit Ambrosia Milk</p>	<p><u>SATURDAY</u> 3</p>
<p><u>MONDAY</u> 5  <b>LABOR DAY</b> Company Holiday</p>	<p><u>TUESDAY</u> 6 Meatloaf Parsley Potatoes Lettuce Salad Carrot Coins Wheat Bread Pears Milk</p>	<p><u>WEDNESDAY</u> 7 Chicken Wrap w/Lettuce, cheese, &amp; Ranch Dressing Macaroni Salad Cole Slaw Apricots Milk</p>	<p><u>THURSDAY</u> 8 Goulash Tossed Salad Steamed Peas French Bread ½ Orange Milk</p>	<p><u>FRIDAY</u> 9 Salmon Patty Macaroni &amp; Cheese Zucchini Wheat Roll Cherries Milk</p>	<p><u>SATURDAY</u> 10  <b>BREAKFAST IS BACK</b> 9 am Pancakes Sausage Juice</p>
<p><u>MONDAY</u> 12 Beef Stew Tossed Salad w/ Garbanzo Beans Cheese/onion Roll ½ Banana Milk</p>	<p><u>TUESDAY</u> 13 Chicken/Dumplings Spinach Salad w/Mushrooms Steamed Baby Carrots Wheat Roll Mandarin Oranges Milk</p>	<p><u>WEDNESDAY</u> 14 Spaghetti/meat sauce Tossed Salad Asparagus Garlic Bread Citrus Fruit Milk</p>	<p><u>THURSDAY</u> 15 Bratwurst Wheat Bun Sweet Potato Wedges Lettuce Tomato Salad Carrot &amp; AppleSalad Milk</p>	<p><u>FRIDAY</u> 16 Roast Beef Garlic Mash. Pot./gravy Marinated Carrots Brussels Sprouts Wheat Roll Pineapple Tidbits Spice Cake Milk</p>	<p><u>SATURDAY</u> 17</p>
<p><u>MONDAY</u> 19 Swedish Meatballs Noodles Squash Blend Wheat Bread Peaches Milk</p>	<p><u>TUESDAY</u> 20 Chili Cheese/onion Tossed Salad Zucchini Corn Bread Strawberries Milk</p>	<p><u>WEDNESDAY</u> 21 Hot Turkey Sand. Mash. Pot./gravy Tossed Salad Broccoli Cherry Crisp Milk</p>	<p><u>THURSDAY</u> 22 Beef Tacos Lettuce/tom./cheese Refried Beans Asparagus Fruit Cup Milk</p>	<p><u>FRIDAY</u> 23 Baked Fish Wild Rice Blend Stewed Tomatoes Wheat Roll Banana/Pineapple Cup Milk</p>	<p><u>SATURDAY</u> 24  <b>BREAKFAST</b> 9 am Sausage Gravy Buttermilk Biscuits Juice</p>
<p><u>MONDAY</u> 26 Beef Tips Mash. Pot./Gravy French Bread Beets Mandarin Oranges Milk</p>	<p><u>TUESDAY</u> 27 Chicken Strips Tater Tots Spinach Fruited Jell-O Whipped Topping Brownie Milk</p>	<p><u>WEDNESDAY</u> 28 Beef Wellington Mixed Green Salad Oven Potato Peas/Carrots Wheat Bread Cherries Milk</p>	<p><u>THURSDAY</u> 29 Sweet/Sour Pork Steamed Rice Spinach Mushroom Salad Carrot Coins Egg Roll Pears Milk</p>	<p><u>FRIDAY</u> 30 Baked Ham Scalloped Potatoes Mixed Relish Tray Green Beans Wheat Bread Pineapple Whip Milk</p>	