



MONDAY September 18th

Honey Ginger Chicken, Garden Blend Rice, Garden Blend Vegetables

Cuban Sandwich, Sweet Potato Fries

TUESDAY September 19th

Healthy Meal: Meatloaf, Au Gratin Potatoes, Key Biscayne Vegetables

Chicken Strips w/country gravy Basket, Steak Fries

WEDNESDAY September 20th

Healthy Meal: BBQ Beef, Brown Rice, California Blend Vegetables

Chicken Salad, Potato Bacon Soup

THURSDAY September 21st

Healthy Meal: Chicken Broccoli Rice Casserole, Roll, Fruit Cup

Beef Gravy Toast, Deep Fried, Potatoes

FRIDAY September 22nd

Healthy Meal: Beef and Noodles, Mashed Potatoes, Baby Carrots

Turkey Burger, Fried Pickles

SATURDAY September 23rd

Healthy Meal: Grilled Cheese, Tomato Soup, Tater Tots

SUNDAY September 24th

Healthy Meal: Oven Fried Chicken, Mashed Potatoes, Spinach

see the cafeteria for nutritional information