

Erie County Stay Fit Dining Program

HISPANIC MENU

SEPTEMBER 2016

Mon	Tue	Wed	Thu	Fri
			1 Ham Steak w/ Pineapple Sauce Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Fresh Watermelon 549	2 <u>LABOR DAY LUNCH!</u> Hamburger w/Onion Gravy Soft Roll Potato Salad Fiesta Corn Apple Pie! 1009
5 <u>LABOR DAY HOLIDAY!</u> <u>NO MEALS SERVED</u>	6 Knockwurst w/Sauerkraut Home Fries Seasoned Spinach Hot Dog Bun Pineapple Tidbits 761	7 Sliced Turkey w/Gravy Whole Sweet Potatoes Scalloped Apples & Cranberries Dinner Roll Oatmeal Raisin Cookies 854	8 Breaded Pork Loin w/Gravy Fresh Scalloped Potatoes Carrot Coins Whole Wheat Roll Fruited Gelatin 807	9 Spanish Rice Casserole Chopped Broccoli Grape Juice Cornbread Peach Bavarian 706
12 Chicken Vegetable Stew Mashed Potatoes Buttermilk Biscuit Tembleque 728	13 Beef Pepper Casserole White Rice Peas & Carrots Chef Salad w/Dressing Fruit Cocktail 710	14 <u>ENTRÉE SALAD</u> Boneless Chicken Breast Bow Tie Pasta & Vegetable Salad Apple Juice Fresh Orange 710	15 Sliced Turkey & Gravy Soft Roll Cauliflower Spinach Frosted Brownie 828	16 Homemade Stuffed Pepper Savory Sauce Mashed Potatoes Mixed Vegetables Dinner Roll Fruited Gelatin 824
19 Swedish Meatballs White Rice Brussels Sprouts Carrot Coins Fruit Delight Cookie 754	20 Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Fruited Gelatin 825	21 Breaded Chicken Cutlet w/Gravy Whole Sweet Potatoes Mixed Vegetable Dinner Roll Tropical Fruit 625	22 <u>FIRST DAY OF FALL!</u> Sliced Roast Beef w/Gravy Mashed Potatoes Stewed Tomatoes Fresh Rye Bread Spice Cake w/Cream Cheese Frosting 715	23 Vegetable Quiche w/White Cheese Sauce Seasoned Red Potatoes Oat Bran Muffin Square Fresh Cantaloupe 873
26 Lasagna Roll w/Meat Sauce Mango Nectar Marinated Bean Salad Italian Bread Diced Peaches 784	27 Turkey & Vegetable Stew Mashed Potatoes Buttermilk Biscuit Fruited Gelatin 603	28 Ham Steak w/Mustard Sauce Scalloped Potatoes California Mix Vegetables Whole Wheat Roll Fresh Apple 661	29 Boneless Chicken Breast w/Gravy Mashed Squash Brussels Sprouts Dinner Roll Sugar Cookies 694	30 Meatloaf w/Gravy Mashed Potatoes Tender Peas Fresh Rye Bread Strawberry Bavarian 661