

**Donation: \$1.00**

	<p><b>Tuesday September 4, 2018</b> Baked Macaroni and Cheese Streamed Broccoli Homemade Snickerdoodle Bread Chilled Peaches Carton of Low Fat Milk</p>	<p><b>Wednesday September 5, 2018</b> Baked Chicken Quarter Mixed Vegetables Baked Sweet Yams Whole Wheat Bread Apple Crisp Carton of Low Fat Milk</p>	<p><b>Thursday September 6, 2018</b> Yankee Pot Roast Whipped Mashed Potatoes Steamed Green Beans Rye Bread Chocolate Pudding with Topping Carton of Low Fat Milk</p>	<p><b>Friday September 7, 2018</b> Breaded Alaskan Polluck on Whole Wheat Bun California Blend Vegetables Mixed Fruit Carton of Low Fat Milk</p>
<p><b>Monday September 10, 2018</b> Swedish Meatballs with Gravy over Noodles Italian Blend Vegetables Whole Wheat Dinner Roll Warmed Spiced Apple Slices Carton of Low Fat Milk</p>	<p><b>Tuesday September 11, 2018</b> Baked Chicken Breast Whole kernel Corn Tossed Salad with L/F Dressing Whole Wheat Dinner Roll Rice Pudding with Topping Carton of Low Fat Milk</p>	<p><b>Wednesday September 12, 2018</b> Lasagna Rollup with Meat Sauce Garden Peas Snickerdoodle Bread Chilled Peaches Carton of Low Fat Milk</p>	<p><b>Thursday September 13, 2018</b> Meatloaf Au gratin Potatoes Oriental Mixed Vegetables Whole Wheat Roll Box of Raisins Carton of Low Fat Milk</p>	<p><b>Friday September 14, 2018</b> Parmesan Crusted Salmon Strips Oven Roasted Red Garlic Potatoes Steamed Zucchini Cornbread Chilled Pineapple Carton of Low Fat Milk</p>
<p><b>Monday September 17, 2018</b> Grilled Chicken Breast on WW Bun Lettuce and tomato slices California Blend Vegetables Chocolate Pudding with Topping Carton of Low Fat Milk</p>	<p><b>Tuesday September 18, 2018</b> W/G Spaghetti and Sauce with Meatballs Steamed Broccoli Rye Bread Chilled Applesauce Cup Carton of Low Fat Milk</p>	<p><b>Wednesday September 19, 2018</b> BBQ Pork Patty Oven Baked Fries Steamed Whole Kernel Corn Whole Wheat Dinner Roll Strawberries Carton of Low Fat Milk</p>	<p><b>Thursday September 20, 2018</b> Stuffed Crust Pizza Spinach Salad Blueberry Snack'n Loaf Orange Wedges Carton of Low Fat Milk</p>	<p><b>Friday September 21, 2018</b> Pollock Loin Rice Pilaf Steamed Peas and Carrots Whole Wheat Dinner Roll Chilled Pears Carton of Low Fat Milk</p>
<p><b>Monday September 24, 2018</b> Stuffed Shells with Tomato Sauce California Blend Vegetables Garlic Bread Fresh Apple Carton of Low Fat Milk</p>	<p><b>Tuesday September 25, 2018</b> Whole Grain Chicken Pieces with Seasoned Rotini Mixed Vegetables Homemade Snickerdoodle Bread Pineapple Carton of Low Fat Milk</p>	<p><b>Wednesday September 26, 2018</b> Cup of Homemade Vegetable Soup Reduced Sodium Hot Dog on Whole Wheat Bun Baked Beans Coleslaw Butterscotch Pudding with Topping Carton of Low Fat Milk</p>	<p><b>Thursday September 27, 2018</b> Turkey Slices with Gravy Mashed Potatoes Steamed Carrots Cranberry Sauce Whole Wheat Dinner Roll Fresh Orange Carton of Low Fat Milk</p>	<p><b>Friday September 28, 2018</b>  No Meal Service</p>

**A carton of Low Fat Milk is included with every meal.  
Coffee or Tea may be selected in place of the Milk.**

**Middle School on West  
Silver Street. Please call the  
Senior Center at 562-6435 by  
10:30 a.m. to reserve your spot.**