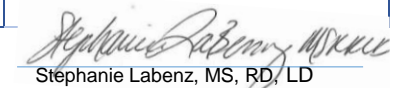


September 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | 1 Scalloped Potatoes & Ham Mixed Vegetables Fruit Dessert | 2 Biscuits & Gravy Sauteed Onions & Mushrooms Hard Boiled Egg Banana Fruited Yogurt | 3 Chicken Parmesan Spaghetti Noodles Spinach Salad Apricots | 4 Baked Cod Potato Green Beans Fruit Cocktail Apple Crisp |
| 7  Labor Day CLOSED | 8 Hamballs with Glaze Baked Potato w/sour Cream Green Beans Cherry Fruit Salad | 9 Goulash Lettuce Salad Melon Cup Garlic Bread Stick Peanut Butter Cookie | 10 Hot Dog Baked Beans Broccoli Salad Apple Dessert | 11 Tuna Salad Sandwich Chips Green Pepper Coleslaw Banana Lemon Cake |
| 14 Pork & Potatoes Capri Vegetables Roll Apricots | 15 Sloppy Joe Potato Wedges Mixed Vegetables Cinnamon Applesauce Berry Crisp | 16 Taco Salad Tortilla Chips Salsa Fiesta Corn Strawberry Short Cake | 17 Oven Fried Chicken French Fries Brussels Sprouts w/Cheese Spiced Peaches Dessert | 18 Cheese Pizza Salad Fruited Yogurt Banana Orange Salad |
| 21 Tuna Casserole Peas Roll Mixed Berries Chocolate Pudding/Topping | 22 Egg Salad Sandwich Soup Crackers Fruit Salad Cookie | 23 Roast Beef in Brown Gravy Whipped Potatoes Spinach Salad Apple Pumpkin Bar | 24 BBQ Meat Sandwich French Fries 3 Bean Salad Fresh Pear Dessert | 25 Baked Potato Soup Ham Salad Slider Cookie Mandarin Oranges |
| 28 Hamburger on Bun Lettuce/Tomato/Onion French Fries Copper Penny Salad Apple | 29 Chicken Nuggets Au Gratin Potatoes Peas with Onions Pears Spice Cake w/ Frosting | 30 Baked Potato w/ Diced Ham Cheese Sauce Broccoli Cuts Banana Crumb Dessert | TO CANCEL YOUR MEALS, CALL 641-792-7102 | |


Stephanie Labenz, MS, RD, LD

*Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for adults.