

September 2017 WRAAA Brunswick Site MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Jill Riffle MS, RDN, LD</i>	Choice of: 1% Milk or Buttermilk			1 *Sliced Ham 3oz w/Pineapple Sauce *Mashed Potatoes ½ c Brussel Sprouts ½ c Whole Grain Wheat W.G. Vanilla Wafers (5) Tropical Fruit ½ c
4 Labor Day Holiday Sites Closed	5	6 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Banana	7	8 *Breaded Fish 4 oz Tartar Sauce 1 PC *Seasoned Wedge Potatoes ½ c Mixed Vegetables ½ c Lemon Juice 1 PC 2 Whole Grain White Sliced Pears ½ c
11	12	13 *Chicken Breast Filet Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Spinach ½ c Vinegar 1 PC Whole Grain White Sliced Pears ½ c	14	15 *Chicken Breast Cordon Bleu 6 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Mandarin Oranges ½ c
18	19	20 *Stuffed Cabbage 6 oz/Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Apricots ½ c	21	22 *Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana
25	26	27 *Pepper Steak 3 oz *Sauce 2 oz *Butternut Squash ½ c Spinach ½ c 2 Whole Grain White Mandarin Oranges ½ c	28	29 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Apricots ½ c