

VPAS September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	2 CLOSED	3 Spaghetti-4oz Meat Sauce-4oz Green Beans-4oz Fresh Banana-1ea WW Dinner Roll-2oz Assorted Milk-8oz	4 Turkey Burger-3oz 1 Cup Garden Salad Green Pea 4oz Mayo Mustard PCs-1ea Sliced Cheese- 1 slice Whole Wheat Kaiser Roll-1ea Watermelon Cube 4oz Assorted Milk 8oz	5 Roast Eye of Round-3oz Beef Gravy- 2oz Roasted Herb Potatoes-4oz Carrots- 4oz Applesauce-4oz WW Dinner Roll-2oz Assorted Milk- 8oz	6 Pork BBQ on WW Bun - 3oz Baked Beans - 4oz Cole Slaw-4oz Fresh Fruit Assorted Milk-8oz
Week 5	9 Roast Pork on WW Bun -3oz Baked Potato- 4 oz Peas-4oz Fresh Fruit Assorted Milk-8oz	10 Meat Lasagna-1ea Italian Mix Veg-8oz Fresh Apple-1ea WW Dinner Roll-2oz Assorted Milk-8oz	11 Turkey Salad Sandwich on wheat-3oz/2 Slices 1 Cup Garden Salad Vegetable Blend 4oz Mayo PC's 1 each Fresh Orange 1 ea. Assorted Milk-8oz	12 Chicken Pot Pie - 3 oz Baked Potato - 1 each Sliced Carrots - 4 oz Fresh Banana - 1 each WW Dinner Roll - 2 oz Assorted Milk - 8 oz	13 Cheeseburger on WW Bun - 3oz/2oz Oven Roasted Potatoes - 4 oz Green Peas - 4 oz Fresh Fruit - 1 each Assorted Milk - 8oz
Week 1	16 Turkey A La King - 3oz Egg Noodles - 4 oz Italian Green Beans -4oz Peach Slices - 4 oz WW Dinner Roll - 2 oz Assorted Milk	17 Chicken Patty on WW Bun - 3oz Potato Wedges-4oz Lima Beans-4oz Sliced Pears-4oz Assorted Milk-8oz	18 Chicken Alfredo-4oz Brussel Sprouts-4oz Penne Pasta - 4 oz Canned Pears-4oz WW Dinner Roll-2oz Assorted Milk-8oz	19 Broccoli Stuffed Chicken-3oz Rice Pilaf-4oz Green Beans-4oz Fresh Fruit- 1each WW Dinner Roll-2oz Assorted Milk-8oz	20 Herb Baked Chicken Breast -3oz Macaroni and Cheese- 4oz Spinach-8oz Fresh Fruit in Season 1 ea Assorted Milk-8oz
Week 2	23 Hamburger on WW Bun -3oz Corn -4oz Potato Salad -4oz Cubed Watermelon - 1 each Assorted Milk -8oz	24 Beef & Bean Chili - 8 oz Brown Rice - 4 oz Cauliflower - 4oz Fresh fruit in season - 1 each Corn Muffin - 1 each Assorted Milk - 8 oz	25 Baked Mac & Cheese - with Ham - 3oz Broccoli Cuts - 4 oz Sauteed Cabbage - 4 oz Canned Pears - 4 oz Dinner Roll - 2 oz Assorted Milk - 8 oz	26 Lemon Pepper Grilled Chicken-3oz Baked Beans-4oz Buttered Peas-4oz Fresh Apple WW Dinner Roll-1each Assorted Milk-8oz	27 Beef Pot Pie -8oz Egg Noodles-4oz Spinach-4oz Peach Slices-4oz WW Dinner Roll-2oz Assorted Milk-8oz
Week 3	30 BBQ Riblet Sandwich on WW Bun -3oz Brown Rice-4oz Sliced Zucchini and Tomatoes-4oz Pineapple-4oz Assorted Milk-8oz				