

SERVING SIZES

Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

September 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Fresh fruit cup Classic Texas chili Riced cauliflower Corn bread Peaches	2 Chicken noodle soup Roasted chicken w/ gravy Green beans Mashed potatoes Fresh melon	3 Tuscan lentil soup Creamy garlic pork chop Rice pilaf Sweet peas & carrots Fruit Cocktail	4 Tomato basil soup Baked fish Italian vegetables Roasted sweet potatoes Sliced pears
7 Closed for Labor Day	8 Minestrone soup Mediterranean chicken Sautéed Greek vegetables Lemon potatoes Watermelon	9 Mushroom barley soup Swedish meatballs Buttered corn Mashed potatoes Mixed fruit	10 Creamy vegetable soup Roasted pork loin w/ gravy Cauliflower mashed potatoes Green beans Sliced Pears	11 Navy bean soup Sausage & pepper sandwich 3 bean salad Potato wedges Sliced peaches
14 Chicken soup Shepards pie Mashed potatoes Fresh melon	15 Lentil soup Spanish chicken Rice n beans Sliced carrots Fruit Cocktail	16 Vegetable soup Baked pasta w/ sausage & Mini meatballs Summer vegetables Sliced pears	17 Tomato spinach & basil soup Beef tips w/ gravy Italian style zucchini Sweet potatoes Sliced Peaches	18 Clam chowder Roasted chicken thighs w/gravy Rice pilaf Mixed vegetables Watermelon
21 Three bean soup Honey Dijon chicken Sweet potatoes Prince Edward vegetables Tropical fruit	22 Carrot soup Pepper steak Broccoli cauliflower mix Mashed potato Sliced peaches	23 Creamy vegetable soup Hawaiian pineapple pork White rice Baby carrots Watermelon	24 Chicken soup Roasted turkey w/ gravy Stuffing Buttered corn Tropical Fruit	25 Tuscan soup w/ vegetables Pub burger w/ cheese Greek cucumber salad Chips Fresh fruit
28 Escarole & bean soup Sloppy joe Roasted potato Italian green beans Fresh fruit	29 Lentil And bean soup w/ kale Lemon chicken w/artichokes Mixed vegetables Rice pilaf Sliced Pears	30 Chicken soup Apple cider pork roast Sweet potatoes Stewed tomatoes Fruit cocktail		Bread & Milk Served Daily WW=Whole Wheat