

FRIENDSHIP CENTER LUNCH MENU SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep
HOLIDAY	Orange Chicken Brown Rice Carrots Pineapple 1% Low Fat Milk	Macaroni & Cheese BBQ Beef Spinach Orange 1% Low Fat Milk	Pork Stew Brown Rice Cauliflower Melon Wedge 1% Low Fat Milk	Baked Chicken Dinner Roll & Butter Dirty Rice Spinach Banana 1% Low Fat Milk
				Montecito only: Home cooked meal
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep
Beef Burgundy Egg Noodles Cauliflower Mixed Fruit 1% Low Fat Milk	Salsa Chicken Brown Rice Carrots Corn Melon Wedge 1% Low Fat Milk	Chicken & Broccoli Brown Rice Green Beans Orange 1% Low Fat Milk	Turkey Sandwich Cheese Wheat Bread Coleslaw Pineapple 1% Low Fat Milk	Ground Beef & Vegetable Taco Brown Rice Peas & Carrots Banana 1% Low Fat Milk
				Montecito only: Home cooked meal
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep
Beef & Broccoli Brown Rice Carrots Mixed Fruit 1% Low Fat Milk	Mandarin Orange Salad with Chicken Toasted Garlic Bread Pineapple 1% Low Fat Milk	Turkey ALA King Dinner Roll & Butter Mashed Potatoes Broccoli Orange 1% Low Fat Milk	Chicken Pozole Brown Rice Green Beans Melon Wedge 1% Low Fat Milk	Ratatouille & Ground Beef Roll & Butter Pasta & Marinara Spinach Banana 1% Low Fat Milk
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
Ground Beef Chili Brown Rice Green Beans Mixed Fruit 1% Low Fat Milk	Baked Chicken Dinner Roll & Butter Mashed potatoes & Gravy Peas Melon Wedge 1% Low Fat Milk	Pot Roast Biscuit & Butter Red Potatoes Carrots Orange 1% Low Fat Milk	Hawaiian Chicken Brown Rice Broccoli Pineapple 1% Low Fat Milk	Pasta Marinara with Chicken Dinner Roll & Butter Spinach Banana 1% Low Fat Milk
				Montecito only: Home cooked meal

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