

Friendly Fork Menu
September 2018

3	Labor Day No meals
4	Country Fried Steak, Gravy, Mashed Potatoes, Broccoli Cuts, Sliced Pears, Pumpkin Roll, Butter, Milk 1%
5	Grilled Chicken Breast on a Whole Wheat Bun, Lettuce, Tomato, Onion, Mayonnaise, Mustard, Creamy Potato Salad, 3 Bean Salad, Orange Halves, Milk 1%
6	Hamburger on a Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Garden Pasta Salad, Watermelon, Milk 1%
7	Ginger Beef Pot Roast with Potato, Carrot and Onion, Steamed Cabbage-Carrots, Rye Roll, Butter, Lime Gelatin and Pears, Milk 1%
10	Shepherd's Pie, Quinoa-Tomato-Pea Salad, Pineapple Tidbits with Red Grapes, Rye Roll, Butter, Milk 1%
11	Meat Marinara Sauce over Wheat Pasta, Roasted Turnips-Parsnips, Spinach Mandarin Orange Salad, Cantaloupe, Wheat Roll, Butter, Milk 1%
12	Sloppy Joe on Wheat Bun, Roasted Red Potatoes, Apple-Banana-Red Grapes, Fig Bar, Milk 1%
13	Rosemary Roast Pork with Pork Gravy, Mashed Potatoes with Tarragon, Gravy, California Blend Vegetables, Pumpkin Roll, Butter, Banana, Milk 1%
14	Navy Bean Soup, Wheat Crackers, Chicken Dill Salad, Cantaloupe and Strawberries, Apple Crisp, Milk 1%
17	Beef Stroganoff over Multi Grain Penne Pasta, Spinach, Cauliflower & Green Pepper Salad, Wheat Roll, Butter, Peach Crisp, Milk 1%
18	Meatloaf and Brown Gravy, Mashed Potatoes, Broccoli and Carrots, Sliced Pears, Wheat Roll, Butter, Milk 1%
19	Beef Goulash over Multi Grain Penne Pasta, Autumn Apple Coleslaw, Strawberries and Bananas, Crunchy Snack Mix, Milk 1%
20	Turkey Wrap, Broccoli/Cauliflower Salad with Honey Yogurt Dressing, Melon and Strawberry Mix, Fruity Nut Granola Bar, Milk 1%
21	Beef Enchilada Casserole, Spanish Brown Rice, Aztec Black Bean, Shredded Lettuce and Diced Tomato, Tropical Fruit Salad, Milk 1%
24	Herb Pork Loin, Gravy, Bread Dressing, Gravy, Snap Peas-Mushrooms, Pumpkin Roll, Butter, Pineapple with Grapes. Milk 1%

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25	Squash & Apple Soup, Wheat Crackers, Neptune Tuna Salad/Wheat Bread, Tomato/Lettuce, Mediterranean Salad, Cantaloupe, Milk 1%
26	White Chicken Chili, Wheat Crackers, Colorado Broccoli Salad, Apricot Halves, Cornbread Muffin, Honey, Butter, Milk 1%
27	Cajun Catfish with Tartar Sauce, Lemon, Rice and Red Beans, Coleslaw with Pineapple & Raisins, Fiesta Corn Brea, Honey, Butter, Watermelon, Milk 1%
28	Swedish Meatballs over Parslied Penne Pasta, Harvard Beets, Green Beans & Tomatoes, Wheat Roll, Butter, Fresh Pear, Milk 1%