


SEPTEMBER 2020 - CHOICE A/B MENU

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal


CHOICE A		1 Lasagna Florentine Squash Medley WG Bread Margarine Oatmeal Raisin Cookie Apple Juice	2 Egg Skillet w/ Potatoes, Peppers, Onion, Mushrooms, Tomatoes, & Cheese Spiced Peaches WG Bread Margarine	3 BBQ Pork Riblet Lemon Spinach Mashed Sweet Potatoes Corn Muffin Margarine Pineapple Cup	4 Hamburger Patty Au Jus on WG Bun Potato Wedges Carrots Grape Juice
	OR	OR	OR	OR	OR
CHOICE B		1 Chicken Garden Casserole Summer Vegetables WG Bread Margarine Oatmeal Raisin Cookie Apple Juice	2 Meatloaf with White Pepper and Bacon Gravy Mashed Potatoes Mixed Greens WG Bread Margarine Applesauce	3 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Pineapple Cup	4 Chicken Breast Patty Over Rice Black Beans & Tomatoes Mixed Vegetables WW Bread Grape Juice
	OR	OR	OR	OR	OR
CHOICE A		8 Chicken Teriyaki Rice w/ Vegetables Gingered Carrots WG Bread Margarine Pineapple Juice	9 Macaroni & Cheese Seasoned Carrots Green Peas WG Bread Margarine Mandarin Oranges	10 Sliced Turkey w/ Gravy Cornbread Dressing Butternut Squash Flat Beans Dinner Roll/Margarine Mini Moon Pie® Apple Juice	11 Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Tartar Sauce Cinnamon Applesauce
		OR	OR	OR	OR
CHOICE B	7	8 Sliced Roast Beef w/ Gravy Spring Peas Crinkle Cut Carrots WG Bread Margarine Pineapple Juice	9 Breaded Chicken with Gravy Turnip Greens Sweet Potato Mash WG Bread Margarine Mandarin Oranges	10 Manicotti Alfredo Peas Italian Vegetable Medley Dinner Roll Margarine Mini Moon Pie® Apple Juice	11 Sloppy Joe on Hamburger Bun Mixed Greens Black-Eyed Peas Cinnamon Applesauce
	OR	OR	OR	OR	OR

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
 WG = Whole Grain; WW = Whole Wheat

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CHOICE A	14 Pasta Bolognese Italian Vegetables WG Bread Margarine Blended Juice	15 Baked Chicken Rice w/ Black-Eyed Peas Spinach WG Bread Margarine Applesauce	16 Breaded Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Tartar Sauce Orange Juice	17 Chicken Stew Green Beans WW Bread Margarine Graham Crackers Grape Juice	18 Sliced Turkey w/ Country Pepper Gravy Mashed Potatoes Green Bean Almondine WG Bread/Margarine Pineapple Cup
	OR	OR	OR	OR	OR
CHOICE B	14 Baked Chicken Fiesta Rice Mexicali Corn WG Bread Margarine Blended Juice	15 Pork Chop Patty w/ Gravy Sweet Potatoes Brussels Sprouts WG Bread Margarine Applesauce	16 Sesame Chicken Broccoli Cauliflower with Red Pepper WG Bread Margarine Mini Moon Pie® Orange Juice	17 Cheese Omelet Roasted Parsley Potatoes Fruited Granola WW Bread Margarine Graham Crackers	18 NY Strip Patty in Picadillo Sauce Green Peas Diced Sweet Potatoes WG Bread Margarine Pineapple Cup

CHOICE A	21 Salisbury Steak in Brown Gravy Turnip Greens Succotash WG Bread Margarine Mandarin Oranges	22 Honey Mustard Chicken Potato Wedges Cheesy Broccoli Dinner Roll Margarine Apple Spice Cookie	23 Meatballs & Penne Pasta in Marinara Broccoli Italian Vegetable Blend WG Bread Margarine Grape Juice	24 Chicken Marsala Potato Onion Soufflé Spinach & Mushrooms WG Bread Margarine Pineapple Cup	25 WG Southern-Style Pollock Nuggets Carrots Cheesy Country Potatoes WG Bread/Margarine Tartar Sauce Applesauce
	OR	OR	OR	OR	OR
CHOICE B	21 Sweet & Sour Chicken Steamed Rice Ginger Peas WG Bread Margarine Mandarin Oranges	22 Black Beans and Rice w/ Corn & Red Peppers Carrots Dinner Roll Margarine Apple Spice Cookie	23 Sliced Turkey w/ CranRaspberry Medley of Broccoli, Bean, & Cauliflower Zucchini & Corn WG Bread Margarine Grape Juice	24 Mac & Cheese with Chicken Chorizo Pinto Beans Carrots WG Bread Margarine Pineapple Cup	25 Chargrilled Beef Patty in Pizzaioli Sauce Green Beans WG Bread Margarine Pineapple-Mandarin Oranges

CHOICE A	28 Baked Chicken Yellow Rice w/ Tomatoes & Chives Green Beans WG Bread Margarine Orange-Pineapple Juice	29 Lasagna Florentine Squash Medley WG Bread Margarine Oatmeal Raisin Cookie Apple Juice	30 Egg Skillet w/ Potatoes, Peppers, Onion, Mushrooms, Tomatoes, & Cheese Spiced Peaches WG Bread Margarine		Saturday, Sep. 12 
	OR	OR	OR	OR	OR
CHOICE B	28 Macaroni & Beef Casserole Spinach California Blend Vegetables WG Bread/Margarine Orange-Pineapple Juice	29 Chicken Garden Casserole Summer Vegetables WG Bread Margarine Oatmeal Raisin Cookie Apple Juice	30 Meatloaf with White Pepper and Bacon Gravy Mashed Potatoes Mixed Greens WG Bread Margarine Applesauce		

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