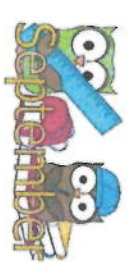





# Erie County Stay Fit Dining Program

## Standard Menu September 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>29</b> Rotini Pasta with Meatballs, Tomato Sauce &amp; Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail <i>Chocolate Milk</i> (776)</p>	<p><b>30</b> Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Orange Creamsicle (711)</p>	<p><b>31</b> Roast Turkey with Gravy &amp; Cranberry Sauce Mashed Potatoes Peas Dinner Roll Fresh Watermelon <i>Chocolate Milk</i> (610)</p>	<p><b>1 Labor Day Meal</b> Breaded Pork Chop with Gravy Broccoli Cheese Rice Casserole Carrots Dinner Roll <i>Chef Salad with Dressing</i> Banana Cream Pie (1010)</p>	<p><b>2</b> Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)</p>
<p><b>5 No Meals Served</b></p> 	<p><b>6</b> Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Baked Pear Crisp (705)</p>	<p><b>7 Entrée Salad</b> Tuna Macaroni Salad on a Bed of Lettuce Club Crackers Chocolate Eclair (770)</p>	<p><b>8 Soup &amp; Sandwich</b> Cream of Mushroom Soup Roast Beef in Gravy on a Whole Wheat Roll Brussels Sprouts Fruited Gelatin (777)</p>	<p><b>9</b> Chicken Parmesan over Pasta with Tomato Sauce Wax Beans <i>Chef Salad with Dressing</i> Tropical Fruit <i>Chocolate Milk</i> (671)</p>
<p><b>12</b> Italian Sausage with Peppers, Onions &amp; Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)</p>	<p><b>13 Soup &amp; Salad</b> Cream of Potato Soup with Ham Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Frosted Marble Cake (709)</p>	<p><b>14</b> Baked Chicken with Lemon Herb Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (642)</p>	<p><b>15</b> Meatloaf with Gravy Mashed Potatoes French Beans with Carrot White Bread Vanilla Mousse (817)</p>	<p><b>16</b> Chili con Carne Carrots Fruit Punch Combread Fresh Pear <i>Chocolate Milk</i> (896)</p>
<p><b>19</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Frosted Lemon Cake (950)</p>	<p><b>20 Entrée Salad</b> Southwestern Steak Salad Whole Wheat Dinner Roll Strawberry Bavarian (861)</p>	<p><b>21</b> Beef Macaroni Casserole California Blend Vegetables Corn Rye Bread Fruit Compote <i>Chocolate Milk</i> (807)</p>	<p><b>22 Welcome Fall</b> Roasted Turkey with Stuffing &amp; Gravy Mashed Potatoes Peas &amp; Carrots <i>Molded Cranberry Salad</i> Apple Pie with Whipped Topping (938)</p>	<p><b>23</b> Breaded Chicken Patty with Buffalo-style Sauce on a Whole Wheat Bun Macaroni &amp; Cheese Green Beans Mandarin Oranges (827)</p>
<p><b>26</b> Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Squash with Peppers Italian Bread Peaches (738)</p>	<p><b>27</b> Breaded Chicken Drumsticks Cheesy Diced Potatoes Broccoli Whole Wheat Dinner Roll Sugar Cookies (840)</p>	<p><b>28</b> Bratwurst with Baked Beans &amp; Mustard on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges <i>Chocolate Milk</i> (777)</p>	<p><b>29 Soup &amp; Salad</b> Broccoli Cheese Soup Carrots <i>Chef Salad with Dressing</i> Biscuit Fresh Grapes (726)</p>	<p><b>30</b> Roast Beef with Horseradish &amp; Gravy on Deli Rye Sweet Potatoes Savory Dill Cabbage Frosted Cherry Cake (634)</p>