












September Menu 2019

Site: Rapid City



Monday 2 <u>CLOSED</u> 	Tuesday 3 Baked Steak Mushroom Gravy 1CS Parslied Potatoes 1CS Carrots 1/2CS Pears 1CS Bread 1CS 	Wednesday 4 Chicken Pot Pie Topped with a Biscuit 2CS Broccoli Peaches 1CS Orange Juice 1CS 	Thursday 5 Meatloaf 1/2CS Baked Potato 1CS Peas & Carrots 1CS Strawberries w/Topping 1CS Tossed Salad Bread 1CS	Friday 6 Mac & Cheese w/Chicken 2CS Green Beans Stewed Tomatoes Fruit Crisp w/Topping 1CS Bread 1CS
Monday 9 Baked Chicken 1/2CS Baked Sweet Potato 1 1/2CS Harvest Beets 1CS Fruit Cocktail 1CS Tomato Juice 1CS Bread 1CS 	Tuesday 10 HAPPY BIRTHDAY Hamburger on a Bun 1CS Potato Wedges 1CS Baked Beans 2CS Tropical Fruit 1CS Cake 2CS 	Wednesday 11 Cheese Omelet 1CS Veggie Pasta Salad 1 1/2CS LS V-8 Juice 1CS Banana 2CS Bread 1CS	Thursday 12 Sweet & Sour Chicken 1CS Oven Baked Rice 1 1/2CS Broccoli Peaches 1CS Bread 1CS 	Friday 13 Roast Beef Diced Potatoes w/Gravy 1CS Green Beans Cranberry Sauce 1CS Med Orange 1CS Bread 1CS
Monday 16 Breaded Baked Fish Hashbrowns 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Bread 1CS	Tuesday 17 Beef Noodle Stroganoff 2CS Parslied Carrots 1/2CS Cooked Cabbage Mandarin Oranges 1CS Bread 1CS	Wednesday 18 BBQ Chicken 1CS Baked Potato w/Sour Cream 1CS Peas 1CS Tomato Juice 1CS Pears 1CS Bread 1CS 	Thursday 19 Spaghetti w/Meat Sauce 2CS Broccoli Banana 1CS Chocolate Pudding w/Topping 1CS Garlic Bread 1CS	Friday 20 Chef's Choice 
Monday 23 Hungarian Goulash 3CS Parsley Carrots 1/2CS Cooked Cabbage Peaches 1CS Bread 1CS 	Tuesday 24 Chunky Chicken Veg Soup 1CS Tossed Salad Tomato Juice 1CS Banana 1CS Garlic Bread 1CS	Wednesday 25 Chili 1 1/2CS Cinnamon Roll w/Almonds 2Cs Med Orange 1CS Lt. Fruit Yogurt 1CS	Thursday 26 Scrambled Eggs w/Cheese Hashbrowns 1CS Glazed Carrots 1CS Strawberries 1CS SF Ice Cream 1CS Bread 1CS 	Friday 27 Pork Roast Boiled Potatoes w/Gravy 1CS Peas & Carrots 1CS Cranberry Sauce 1CS Apple Juice 1CS Bread 1CS
Monday 30 Swiss Steak w/Onion & Tomatoes Mashed Potatoes 1CS Season Spinach Jello w/Topping Applesauce 1 1/2CS Bread 1CS				

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup

**Fat free dressing is served with salad

*****MENU SUBJECT TO
CHANGE WITHOUT NOTICE*****

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS. IN ADVANCE

Please leave your name, where you eat and what day