

Gilpin

September 2017 Menu

MONDAY

WEDNESDAY

FRIDAY

			Jambalaya Steamed Brown Rice Mixed Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fresh Fruit Cup Skim Milk	1	
Happy Labor Day! Gilpin Closed	4	BBQ Chicken Breast Baked Beans Carrot Raisin Salad Tossed Vegetable Salad Wheat Roll with Butter Orange Juice Skim Milk	6	Corned Beef Sandwich on a Whole Wheat Bun with Mustard and Onions Green Beans and Tomatoes Buttered Cabbage Three Bean Salad Sliced Peaches * Skim Milk	8
Chicken Cordon Bleu Rice Pilaf Cooked Asparagus Tossed Vegetable Salad Wheat Bread with Butter Apple Skim Milk	11	Teriyaki Beef Steamed Brown Rice Asian Blend Vegetables Egg Drop Soup Wheat Bread with Butter Pear Almond Cookie * Skim Milk	13	BBQ Pork Ribs Baked Beans Tossed Vegetable Salad Wheat Roll with Butter Melon Cup Ambrosia Skim Milk	15
Chicken and Vegetable Stir Fry Steamed Brown Rice Mini Chicken Egg Roll Ginger Orange Carrots Wheat Bread with Butter Mandarin Oranges Fortune Cookie * Skim Milk	18	Meatloaf with Brown Gravy Green Peas with Onions Creamy Coleslaw Wheat Roll with Butter Tropical Fruit Oatmeal Raisin Cookie Skim Milk	20	Honey BBQ Chicken Baked Sweet Potato Classic Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fruit Cocktail Skim Milk	22
Cobb Salad Wheat Crackers Cornbread with Butter Cottage Cheese Orange Apple Crisp Skim Milk	25	Beef and Broccoli Stir Fry Egg Drop Soup Brown Fried Rice Steamed Carrots with Snap Peas Apple Fortune Cookie Skim Milk	27	Marinated Chicken Salad w Shredded Mozzarella Cheese Wheat Roll with Butter Orange Walnuts Skim Milk	29

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