

September Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CRAB SALAD ON GREENS 17gm TOMATO & EGG WEDGE GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	2 EGG SALAD ON GREENS WITH TOMATO BROCCOLI SALAD 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm
5 Closed Labor Day	6 GARLIC AND HERB CREAM CHEESE 2gm BROCCOLI AND CAULIFLOWER 5gm APPLESAUCE 11gm HARD BOILED EGG 1gm WHOLE WHEAT CRACKERS 5gm	7 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm CARROT AND RAISIN SLAW 7gm WHOLE GRAIN ROLL 35gm	8 ASIAN SEAFOOD SALAD 10gm THREE BEAN SALAD 13gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm	9 CHICKEN CEASAR WRAP 32gm CUCUMBER SALAD 4gm RED GRAPES 14gm
12 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm FRUIT COCKTAIL 13gm CHOW MEIN NOODLES 9gm	13 ROAST BEEF AND CHEDDAR LEAF LETTUCE TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm WHOLE GRAIN BUN 48gm	14 GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 13gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm	15 MEDDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	16 CREAMY CRAB AND DILL PASTA 27gm MARINATED CUCUMBERS 2gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm
19 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES PICKLED BEETS 4gm CRUSHED PINEAPPLE 12gm WHOLE WHEAT CRACKERS 5gm	20 TURKEY TWIST PASTA SALAD 20gm RED FLAME GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	21 HONEY HAM AND CHEDDAR 48gm WHEAT BUN AND LEAF LETTUCE COLESLAW 9gm PEARS 9gm	22 CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm PEACHES 8gm CROUTONS 5gm	23 COLD CHINESE CHICKEN SALAD 32gm MARINATED CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm
26 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	27 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	28 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKET	29 TUNA ROTINI PASTA SALAD 26gm WINTER BEAN SALAD 16gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	30 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLE 12gm



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

