



Legacy Link Menu

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fajita Chicken Fiesta Rice Pinto Beans Lettuce/Tomato Flour Tortilla Fresh Fruit Milk Sour Cream Taco Sauce Diet - Same	2 Glazed Turkey Ham Mashed Spiced Yams Broccoli Whole Grain Roll Fluffy Fruit Salad Milk Margarine Diet - Fruit Cocktail ALT: Meatloaf/Tomato Gravy	3 Meatballs/Gravy Mixed Beans Mustard Greens Cornbread Fresh Fruit Chocolate Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken	4 Labor Day Meal BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Cobbler Milk Diet - Peaches
7 CLOSED	8 Sausage/Peppers/Onions Baked Pinto Beans Coleslaw Hot Dog Bun Mixed Fruit Cobbler Chocolate Milk Catsup/Mustard Diet - Fruit Cocktail ALT: BBQ Meatballs	9 Beet Fingers/Gravy Whipped Potatoes Mixed Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same ALT: Chicken/Gravy	10 Chicken Cacciatore Parslied Rice Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Salisbury Steak	11 Sliced Turkey Breast Swiss Cheese Lettuce/Tomato Green Pea Salad Carrifruit Salad Wheat Bread (2) Fresh Fruit Milk Mayonnaise Mustard Diet - Same
14 Meatloaf/Onion Gravy Garlic Whipped Potatoes Okra and Tomatoes Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers ALT: Honey Mustard Chicken	15 Orange Glazed Chicken Wild Rice Parslied Carrots Whole Grain Roll Applesauce Milk Margarine Diet - Same ALT: Salisbury Steak	16 Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same	17 Hamburger Patty Baked Beans Potato Wedges Lettuce/Tomato Hamburger Bun Peaches/Pears Chocolate Milk Catsup - 2 Mustard/Mayonnaise Diet - Same ALT: Veggie Burger	18 Tuna Mac Salad Tossed Salad Pineapple Slaw Saltine Crackers Fresh Fruit Milk Ranch Dressing Diet - Same
21 Chicken Rice Casserole Whole Kernel Corn Green Beans Whole Grain Roll Fudge Crème Cookie Milk Margarine Diet - Vanilla Wafers	22 Beef with Mushroom Gravy Cheese Potatoes Turnip Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: Lemon Pepper Chicken	23 BBQ Rib Patty Lima Beans Cabbage Hamburger Bun Fresh Fruit Chocolate Milk Diet - Same ALT: BBQ Chicken	24 Oven Fried Chicken Field Peas Spring Vegetables Whole Grain Roll Pineapple Tidbits Milk Margarine Diet - Same ALT: Beef w/Peppers Onions	25 Beef Spaghetti Casserole Mixed Vegetables Tossed Salad Dinner Roll Peach Cobbler Milk Margarine Ranch Dressing Diet - Peaches
28 Beef w/Peppers Onions Whipped Potatoes Glazed Carrots Dinner Roll Oatmeal Cookie Milk Margarine Diet - Graham Crackers ALT: Honey Baked Chicken	29 Fajita Chicken Fiesta Rice Pinto Beans Lettuce/Tomato Flour Tortilla Fresh Fruit Milk Sour Cream Taco Sauce Diet - Same	30 Glazed Turkey Ham Mashed Spiced Yams Broccoli Whole Grain Roll Fluffy Fruit Salad Milk Margarine Diet - Fruit Cocktail ALT: Meatloaf/Tomato Gravy		

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