

# SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>NO MEALS LABOR DAY HOLIDAY</b>	<b>3oz Chicken Strips, 1/2c Mashed Potatoes &amp; Gravy, Tossed Salad, 1/2c Peaches</b>	<b>1c Chicken &amp; Dressing Casserole, 1/2c Carrots &amp; Peas, 1/2c Coleslaw, Seasonal Fresh Fruit B12</b>	<b>3oz Roast Beef, 1/2c Mashed Potatoes &amp; Gravy, 1/2c Tomato Spoon Salad, 1/2c Fruit Cocktail AA18</b>	<b>3oz Sausage Gravy over Biscuit, 1/2c Green Beans, 1/2c Jell-O w/ Strawberries, Cookie</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>1 1/2c Goulash, 1/2c Coleslaw, 1/2c Mandarin Oranges 5-1A - HG1</b>	<b>3oz Roast Pork, 1/2c Company Potatoes, 1/2c Cooked Cabbage, 1/2c Plums BB8</b>	<b>1 1/3c Spanish Rice w/Hamburger, 1/2c Peas, 3/4c Crunchy Cranberry Salad 10-2 - S5</b>	<b>3oz Liver &amp; Onions, 1/2c Mashed Potatoes, 1/2c Broccoli, 1/2c Waldorf Salad, Orange 4-2 - LO1</b>	<b>3oz Baked Chicken Fried Steak, 1/2c Mashed Potatoes &amp; Gravy, 1/2c Carrots, 1/2c Apricots CM10</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>3oz Pork Chop w/Mushroom Sauce, 1/2c Sweet Potatoes, 1/2c Green Beans, 1/2c Mixed Fruit A8</b>	<b>3oz Swiss Steak, 1/2c Parslied Potatoes, 1/2c Broccoli, 1/2c Fruit 12-1A - S9</b>	<b>3oz Swedish Meatballs over 1/2c Noodles, 1/2c Corn, 1/2c Berry Fruit Salad</b>	<b>3oz BBQ Chicken Breast, Baked Potato, 1/2c Glazed Carrots, Orange</b>	<b>1c Navy Bean Soup w/Shredded Cheese, 1/2c Acini de Pepe Salad, 1/2c Strawberries, Saltines CM59B - S46</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Stuffed Pepper, Tossed Salad, 1/2c Fruit Crisp w/ Whipped Topping</b>	<b>Shepard's Pie with beef, 1/2c Mixed Vegetables, 1/2c Mashed Potatoes, Cheese, 1/2c Orange Sunshine Salad</b>	<b>1pc Autumn Chicken, 1/2c Baked Sweet Potato, 1/2c Green Beans, Orange 11-2 - CH1</b>	<b>3oz Pork Cutlets, 1/2c Mashed Potatoes &amp; Gravy, 1/2c 5 Way Veggies, 1/2c Peaches</b>	<b>Taco Salad w/ Meat, Beans, Cheese, Lettuce, Tomatoes, Tortilla Chips, 1/2c Pudding w/ Fruit</b>
<b>30</b>				
<b>3oz Hamburger on a Bun with Lettuce, Tomatoes, Onion &amp; Pickles, 1/2c Potato Wedges, 1/2c Fresh Fruit</b>				<b>NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 BY 9AM TO RESERVE A MEAL</b>

**NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.**