

Ruffy Holmes Senior Lunch Clubs September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy Labor Day!	3 Turkey Smoked Sausage, Steamed Cabbage, Fruit Cocktail, Sliced New Potatoes, Cornbread, Chocolate Pudding, Milk	4 BBQ Chicken Breast, Squash Casserole, Orange Juice, Lima Beans, Roll, Melon Cubes, Milk	5 Hot Dog w/ Chili & Onions, Coleslaw, Baked Beans, Sugar Cookies, Milk, Mustard, Ketchup, Apple Juice	6 Turkey & Cheese Sandwich w/ Lettuce & Tomato, Melon, Potato Salad, Mayo, Wheat Bread, Milk, Choc Chip Cookies, Mustard
9 Sliced Baked Ham in Pineapple Juice, Broccoli Casserole, Apple Juice, Rice, Roll, Strawberry Shortcake, Milk	10 Chicken Salad, Lettuce & Tomato, Veggie Pasta, Whole Wheat Bread, Banana Pudding, Milk	11 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Graham Crackers, Milk, Ketchup, Mustard, Mayo	12 Baked Pork Chop w/ Gravy, Cabbage, Applesauce, Rice, Roll, Margarine, Milk	13 Pinto Beans, Okra & Tomatoes, Orange Juice, Macaroni & Cheese, Cornbread, Milk, Raw Onions
16 Chicken Pot Pie, Broccoli & Cauliflower, Wheat Roll, Strawberry Shortcake, Milk	17 Ham & Cheese on Bun w/ Lettuce & Tomato, Peaches, Potato Salad, Mayo, Nutri-Grain Fruit Bar, Milk, Mustard	18 Baked Chicken w/ Gravy (leg & thigh), Mixed Greens, Orange Juice, Whipped Potatoes, Roll, Choc Chip Cookies, Milk	19 Sliced Roast Turkey Breast w/ Gravy, Coleslaw, Sweet Potato Souffle, Roll, Margarine, Baked Apples, Milk, Cranberry Sauce	20 BBQ Boneless Pork Rib, Cabbage, Orange Juice, Hashed Brown Casserole, Cornbread, Mandarin Oranges, Milk
23 Chicken Dumplings, Mixed Greens, Stewed Apples, Roll, Margarine, Fig Bar, Milk	24 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Orange Juice, Garlic Bread, Apple Cobbler, Milk	25 Oven Fried Chicken Breast, Coleslaw, Carrots, Corn, Biscuit, Margarine, Fruit Cocktail, Milk	26 Egg Salad on Lettuce, Sliced Tomatoes, Melon Cubes, Wheat Bread, Vanilla Pudding, Milk	27 Chicken Parmesan, Tossed Salad w/ Reduced Fat Dressing, Garlic Bread, Melon Milk, Parm. Cheese
30 Meatloaf w/ Tomato Sauce, Broccoli, Orange Juice, Corn, Wheat Roll, Carrot Cake, Milk				