

Friday, 9/1 - Papa Murphy's Individual Pizza (D)

Tuesday, 9/5 - Chipotle Bowls (taco meat, blk beans, white rice, shredded cheese and lettuce, with pico de gallo) and fruit (D)

Wednesday, 9/6 - Watermelon smoothie and bagel (D)

Thursday, 9/7- Grilled Rosemary Chicken, low fat mashed potatoes, buttered corn (C)

Friday, 9/8 - BLT whole wheat Pasta and garlic roll

Monday, 9/11 - Papa Murphy's Individual Pizza (D)

Tuesday, 9/12 - Taco casserole (ground beef, mexican cheese mix, beans, and brown rice in red enchilada sauce) and fruit (D)

Wednesday, 9/13 - Fish Fry (lightly battered "fried" white fish and Chips)

Monday, 9/18 - Papa Murphy's Individual Pizza (D)

Tuesday, 9/19 - Chicken Enchiladas, calabasitas, and fruit (D, C)

Wednesday, 9/20 - Marinated Shrimp Skewers, basmati rice, and low fat mac salad (D)

Thursday, 9/21- Grilled Pork Chops with thyme scented apples served over cheddar polenta (D)

Friday, 9/22 - Baked skinless boneless chicken thighs, roasted broccoli and cheese sauce, baked potato (D, C)