September Menu 2017
Custer

				#10 1 **Chicken Fried Steak 1 CS** Mashed Potatoes w/ Milk Gravy 1 CS Peas 1 CS Peaches 1 CS
4 **Labor Day** **Closed - No Meals**	**#62A** 5 **Low Sodium Ham** Parslied Potatoes 1 CS Peas 1 CS 1 Med Orange 1 CS Cooked Apples 1 1/2 CS	**Cycle 3-#17** 6 **Sausage Gravy over Biscuit 2 CS** Green Beans Baked Squash 1 CS Strawberries in Jello 1 CS	**# 31A** 7 **Mexican Chicken Soup 1 CS** Unsalted Crackers 1 CS Cheddar Cheese Orange Juice 1 CS Seasonal Fruit 1 CS	**#15-A1** 8 **Hamburger on a Bun** Potato Salad 1 1/2 CS Cooked Carrots LS V-8 Juice 1 Med Banana 2 CS
# 15-3 11 **Tator Tot Casserole 1 CS** Spinach Salad Mixed Tropical Fruit 1 CS	#25-1A **HAPPY BIRTHDAY** 12 **Taco Salad w/Meat & Bean 2 CS** Unsalted Crackers 1 CS Peaches 1 CS Vanilla Ice Cream 1 CS Cake 3 CS	**#75A** 13 **Baked Chicken 1/2CS** Baked Sweet Potato 1 1/2 CS Green Beans Tomato Spoon Salad 1 1/2 CS Pears 1CS & Cookies 1 CS	**#76D** 14 **Breaded Baked Fish** Potato Wedges 1 CS Parslied Carrots 1/2 CS LS V-8 Juice Acini di Pepe 1 CS	**#21** 15 **Chef Salad 1 CS** Whole Wheat LS Crackers 2 CS Peaches 1 CS Cranberry Orange Bar 1 CS
#4 18 **Spanish Rice w/ Hamburger 3 CS** Spinach Salad Unsw Grape Juice 1 CS Mandarin Oranges 1 CS	**#11** 19 **Man Orange Chicken Breast 1 CS** Baked Potato 1 CS Broccoli 1 Med Banana 2 CS Chocolate Pudding w/Topping 1CS	**#23** 20 **Meatloaf 1/2 CS** Oven Browned Potatoes 1 CS Green Beans Jello w/ Fruit 1 CS	**#21-2** 21 **Hawaiian Chicken Salad 1 CS** Potato Salad 1 1/2 CS Baby Carrots 1 Med Banana 2 CS	**#65A** 22 **BBQ Beef on a W/W Bun** Potato Wedges 1 CS Broccoli Tomato Slices on Lettuce Peaches 1 CS
#20-1A 25 **Spaghetti w/Meat Sauce 2 CS** Steamed Broccoli Apricots 1 CS Garlic Bread	**#83** 26 **Homemade Tomato Soup 1 CS** Grilled Cheese Sandwich 2 CS Spinach Salad 1/2 CS 1 Med Banana 2 CS	**#57C** 27 **Beef Noodle Stroganoff 2 CS** Parslied Carrots 1/2 CS Coleslaw, Noncreamy Mandarin Oranges 1 CS	**#22** 28 **Parmesan Chicken** Scalloped Potatoes 2 CS Spinach Salad Mixed Tropical Fruit 1 CS	**#77A** 29 **Roast Turkey** Mashed Potatoes w/ Milk Gravy 1CS Broccoli & LS V-8 Juice Cranberry Sauce 1 CS Pears 1 CS

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

**Jellos and Puddings are sugar free

**All canned fruit is in light syrup

**Fat free dressing is served with salad

*****Menu subject to change without notice*****

MEALS PROGRAM

Marked for diabetic diets

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

Custer - (605) - 517-0621

24 HRS. IN ADVANCE

Please call by Friday at 4pm if eating Monday

Please leave your name, where you eat and what day