



Don't forget
to eat your
vegetables

Glendale Heights Lunch

September
2019

MONDAY

LABOR DAY

2

CLOSED

TUESDAY

3

Bacon Cheeseburger
Dill Wedge Fries
Baked Beans

Cherry Tomatoes
Fresh Oranges

WEDNESDAY

4

BBQ Chicken Legs
Mashed Potatoes

Hot Broccoli
Fresh Bananas

THURSDAY

5

Chicken Tenders
Mac & Cheese

Red Pepper
Canned Pineapple

FRIDAY

6

Cheese Pizza
or
Pepperoni Pizza

Fish Patty on a Bun
Parmesan Pasta
Carrot Coins

9

Cauliflower
Fresh Apples

Beefy Nachos
Refried Beans

10

Salad
Canned Mixed Fruit

Popcorn Chicken Bowl
(mashed, corn, gravy,
cheese)

11

Salad
Canned Mandarins

Frank in a Blanket
Waffle Fries

12

Cucumbers
Fresh Grapes

SCOOBY DOO DAY!

13

Cheese Pizza
or
Meat Lover's Pizza

SCOOBY SNACKS

Chicken Alfredo with Pasta
Breadstick
Hot Broccoli

16

Salad
Canned Peaches

Breakfast for Lunch

17

Cucumbers
Fresh Oranges

Harvest of the Month

18

Crispy Chicken Patty
with Curly Fries

JALAPENO PEPPER
NECTARINE

BAG LUNCH DAY

19

Turkey Sandwich
Chips, Rice Krispy Treat,
Carrots with Ranch Dip
Fresh Fruit

20

Cheese Pizza
or
Sausage Pizza

Taco Salad & Black Beans

23

Cherry Tomatoes
Fresh Apples

Crispy Chicken Wrap
Ranch Wedge Fries

24

Carrots
Canned Mixed Fruit

Salisbury Steak with
Mashed Potatoes/Gravy

25

Hot Broccoli
Fresh Bananas

Italian Sub
Coleslaw

26

Red Pepper
Fresh Pears

27

Cheese Pizza Bagels
or
Pepperoni Pizza Bagels

Diced Chicken & Gravy
with Mashed Potatoes
Bread stick

30

Salad
Canned Peaches

