

Lunch Menu-Week of August 30 to September 5

SUNDAY, August 30

COOK'S CHOICE-ASK FOR DETAILS

MONDAY, August 31: Breakfast Special-Scrambled Eggs, Hash Brown Casserole, & Bacon or Sausage (1 carb)

Menu Item	Serving/Calories
Steam Burger on Bun ♥(1 carb)	=271 calories
Macaroni & Cheese (1 carb)	=180 calories
Tuna Salad Sandwich ♥(1 carb)	=235 calories
Peas♥(1 carb)	½ cup=70 calories
Broccoli Apple Salad ♥(1 carb)	=106 calories
Sugar Cookies (3 carb)	=321 calories

Tuesday, September 1: Breakfast Special-Biscuits & Gravy (2 carb)

Menu Item	Serving/Calories
Roast Beef (0 carb)	=180 calories
Country Potatoes and Gravy♥(1 carb)	=89 calories
Sandwich	Cook's Choice
Spinach♥(0 carb)	=22 calories
Orange Jell-O Salad ♥(1 carb)	=80 calories
Desserts	Assorted Desserts

Wednesday, September 2: Breakfast Special: Ham & Cheese Omelet & Toast (2 carb)

Menu Item	Serving/Calories
Chicken Parmesan (1 carb)	=235 calories
Savory Noodles ♥(1 carb)	=117 calories
Chicken Fajita Wrap (2 carb)	=288 calories
Sliced Carrots♥(0 carb)	½ cup=23 calories
Cantaloupe Cubes ♥(0 carb)	½ cup=16 calories
Turtle Brownies (2 carb)	=150 calories

Thursday, September 3-Breakfast Special: Hash Brown or Breakfast Potato (1 carb)

Grilled Pork Chop Sandwich
♥(2 carb)

Onion Rings (1 carb)

Funnel Cake*

Lemon Shake-Up*

Root Beer Float*

Friday, September 4-Breakfast Special: Cinnamon Roll (4 carb)

Menu Item	Serving/Calories
Baked Ziti (1 carb)	=196 calories
Cheese Bread (1 carb)	=204 calories
Sub Sandwich ♥(2 carb)	=230 calories
Caribbean Mixed Vegetables♥(0 carb)	=35 calories
Apple Pear Salad ♥(1 carb)	½ cup=138 calories
Strawberry Shortcake (3 carb)	=245 calories

Saturday, September 5

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*****Menu Subject to Change*****

Note-the numbers behind menu item indicates the total # of carbohydrate servings
(1)=1 carbohydrate choice

For an 1800 calorie diet-4 total carbohydrate choices per meal is recommended and 500 calorie meals for breakfast, lunch, supper, and three (100) calorie snacks.

♥ indicates the item is less than or =to 3 grams saturated fat, no trans fat, and less than 500 mg sodium per serving