



# September

MONDAY 9/2/2019	TUESDAY 9/3/2019	WEDNESDAY 9/4/2019	THURSDAY 9/5/2019	FRIDAY 9/6/2019
<b>Closed for Holiday</b>	Cajun Pork Patty~* Country Corn Green Beans Wheat Bread Fresh Orange Milk	Meatballs with Spaghetti~ Oregano Broccoli ☒ Glazed Carrots Dinner Roll Creamsicle Pudding Milk	Cranberry Turkey Breast Mashed Spiced Yams Cabbage Whole Wheat Breadstick Chocolate Chip Cookie Milk	Teriyaki Diced Chicken Egg Fried Rice Japanese Vegetables Dinner Roll Mixed Fruit Crisp Milk
9/9/2019	9/10/2019	9/11/2019	9/12/2019	9/13/2019
Turkey Gumbo Cajun Rice Stewed Tomatoes Saltine Crackers Oatmeal Cream Cookie Milk	Pizza Casserole* Broccoli Beef Braised Carrots Texas Bread Peanut Butter Cookie Milk	Oven Fried Chicken Thigh Whipped Potatoes Brussels Sprouts Wheat Bread 🍞 Frosted Birthday Cake Vanilla Ice Cream Milk	Glazed Ham* Sweet Potato Puffs ☒ Mixed Greens Corn Muffin Oreo Vanilla Pudding Milk Margarine	Hamburger Patty~ Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Bread Pudding Milk Mustard and Ketchup
9/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019
<b>Diez y Seis</b> Beef Taco Mexican Rice Pinto Beans Flour Tortilla Oreo Cookies Milk Taco Sauce	Turkey Wild Rice Casserole ☒ Herbed Green Peas Parsley Carrots Multi Grain Bread Brownie Milk	Shredded BBQ Pork* Macaroni and Cheese Broccoli Hamburger Bun Fresh Orange Milk	Turkey Pastrami Swiss Cheese Kidney Bean Salad Tomato Spoon Relish Wheat Bread (2) Orange Gelatin w/Pineapple Milk	Meatloaf~ Tomato Gravy Parslied Potatoes Italian Green Beans Dinner Roll Ranger Cookie Milk
9/23/2019	9/24/2019	9/25/2019	9/26/2019	9/27/2019
Country Fried Steak with Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Apple Milk	Margarita Chicken Mixed Beans Country Vegetables Multi Grain Bread Nutty Buddy Bar Milk	Beef Chili with Beans Rice Braised Carrots Saltine Crackers Fruited Yogurt ☒ Milk	Grilled Pork with Gravy~* Baked Beans Asian Cabbage Wheat Bread Sugar Cookie Milk	Hamburger Patty~ Lettuce/Tomato/Onion Tater Tot Casserole Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup
9/30/2019	<p>Lunch is served Monday through Friday at Evans and Goodbar Senior Centers. There is a suggested donation of \$1 for adults 60+ and a cost of \$5.50 for adults 59 and under. The project is supported in part by the City of Mesquite, The Dallas Area Agency on Aging and the Texas Department of Health and Human Services. Reservations are requested 2 days in advance and may be made by calling or visiting the centers during hours of</p>			<p>* - Contains Pork ~ - Entrée Contains Soy ☒ - New Menu Item</p>
Lemon Herb Chicken Scalloped Potatoes Capri Vegetables Wheat Bread Fig Bar Milk Margarine				

*Sarah Hutsler, RD, LD*  
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 Expires 11/30/2019