



Garrett County Lighthouse, Inc. Menu- September 2019

Tuesday September 3rd

Breakfast: Whole Grain Breakfast Pizza/100% Juice/Milk
Lunch: Baked Super Chicken/Green Beans/Mashed Potatoes/Applesauce/2 Hawaiian Dinner Rolls/Milk
Snack: Peach Bake/Peaches/Milk

Wednesday September 4th (End of Summer Celebration)

Breakfast: Tator Tot Breakfast Casserole/Orange Slices/Milk
Lunch: 2 All Beef Hot Dogs on WG Rolls/Mandarin Oranges/WG Hotdog Bun/Pasta Salad/ Milk
Snack: Chex Mix/Milk

Monday September 9th (Birthday Celebration)

Breakfast: Blueberry Muffin/WG Cereal/100% Juice/Milk
Lunch: Ham & Cheese Sandwich/Tomato Soup/Peaches/Milk
Snack: Banana Wraps/Milk

Tuesday September 10th

Breakfast: WG French Toast Sticks/WG Cereal/Red Raspberries/Milk
Lunch: Breaded Chicken Chunks/Salad/Pears/Garlic Bread Stick/Milk
Snack: Animal Crackers/Applesauce

Wednesday September 11th

Breakfast: Turkey Bacon/Scrambled Eggs/WG Bread/100% Juice/Milk
Lunch: Shake-n-Bake Pork Chops/Parmesan Brussel Sprouts/Tropical Fruit Salad/Sauerkraut/Homemade Roll/Stuffing/Milk
Snack: Applesauce/Graham Crackers

Monday September 16th

Breakfast: WG Cereal/English Muffin/100% Juice/Milk
Lunch: Open Face Hot Roast Beef Sandwich/Mashed Potatoes/Diced Tomatoes & Zucchini/Mandarin Oranges/ 2 White Bread/Milk
Snack: Cheese Chunks/Soft Pretzels

Tuesday September 17th

Breakfast: WG Cereal/Breakfast Burritos/Sliced Oranges/Milk
Lunch: Beans & Ham w/Bacon/Pea Salad/Fruit Cocktail w/Jell-O/2 Dinner Rolls/Milk
Snack: Egg Salad/Crackers/Milk

Wednesday September 18th

Breakfast: Sausage, Egg, & Cheese Croissant Sandwich/100% Juice/Milk
Lunch: Chicken Breast Filet w/Lettuce on a WG Hamburger Bun (WG Macaroni Salad, Hard Boiled Eggs, Green Peppers, Cucumbers, Tomato, Onions), Pineapple/Milk
Snack: Corn Dogs/ Grapes/Milk

Monday September 23rd

Breakfast: WG Cereal/ Blueberry Bagel/Blueberries//Cream Cheese/Milk
Lunch: Breaded Cod on WG Bun/Peas & Carrots/Tropical Fruit Salad/WG Macaroni & Cheese/Milk
Snack: Rice Cake/Peanut Butter/Milk

Tuesday September 24th

Breakfast: Sausage Gravy w/Biscuit/Sausage Patty/Milk
Lunch: Kielbasa/Sauerkraut/German Potato Salad/Escalloped Apples/2 Rye Bread/Milk
Snack: Hard Boiled Egg/Crackers/Milk

Wednesday September 25th

Breakfast: WG Cocoa Wheats/ WG Waffles/Strawberries/Milk
Lunch: Baked Ziti (Ground Beef/Ricotta Cheese)/Cottage Cheese/Salad (Tomato, Cucumber & Onion)/Apricots/Garlic Bread/Milk
Snack: Buffalo Chicken Dip/Tortilla Chips/Milk

Thursday September 26th (Buckwheat Festival)

Breakfast: Bran Muffin/100% Juice/Milk
Lunch: Buckwheat Cakes/Sausage Patty/Applesauce Cup/Raisins/Pretzels/Milk
Snack: N/A

Monday September 30th

Breakfast: Ham, Egg, & Cheese Omelette/ 100% Juice/Milk
Lunch: Chicken Parmesan/Roasted Carrots/Fruit Cocktail/ WG Noodles/Milk
Snack: Cottage Cheese/Pineapple