



## Garrett County Lighthouse, Inc. Menu- September 2020

### Tuesday September 1st

Breakfast: Oatmeal/Toast/Strawberries/Milk

Lunch: Sloppy Joes/Onion Rings/Baked Beans/Rosy Pears/Milk

Snack: Cottage cheese/peaches/milk

### Wednesday September 2nd

Breakfast: WG Cereal/Breakfast Pizza/100% Juice/Milk

Lunch: Meatball Sub with Mozzarella Cheese/Tator Tots/Steamed Broccoli/Diced Peaches/Sub Bun/ Milk

Snack: Cheese Dip with Hamburger in Recipe)/Tortilla Chips

### Monday September 7th Closed (Labor Day)

### Tuesday September 8th

Breakfast: WG Assorted Cereal/Waffles/Raspberries/Milk

Lunch: Bratwurst/Sauerkraut/French Fries/Applesauce/Milk

Snack: Carmel Apple Slices/Celery/Milk

### Wednesday September 9th

Breakfast: Scrambled Eggs/Turkey Bacon/WG Bread/100% Juice/Milk

Lunch: Grilled Pork Chops/Green Beans/Scalloped Potatoes/Peaches/WG Roll//Milk

Snack: Veggie Pizza/Milk

### Monday September 14th

Breakfast: WG Cereal/English Muffin/Milk

Lunch: Hoagie/Mixed Fruit/Pretzels/Milk

Snack:

### Tuesday September 15th

Breakfast: Cereal/Breakfast Burritos/Sliced Oranges/Milk

Lunch: Homemade Chili/Mandarin Oranges/Roll/Milk

Snack: Egg Salad/Crackers/Milk

### Wednesday September 16th

Breakfast: Oatmeal/ Bread/Milk

Lunch: Chicken Sandwich/Macaroni Salad/Milk

Snack: Corn dogs/grapes/Milk

### Monday September 21st

Breakfast: WG Cereal/Bagel/Blueberries/Milk

Lunch: Fish Sandwich/Macaroni and Cheese/Tropical Fruit/Milk

Snack: Peanut Butter/Rice Cake/Milk

### Tuesday September 22nd

Breakfast: Sausage Patty/Sausage Gravy/Biscuits/Orange Slices/Milk

Lunch: BBQ Chicken Breast/Green Beans/Mashed Potatoes/Cinnamon Applesauce/2

WG Dinner Rolls/Milk

Snack: Veggie Pizza w/Cheese, Broccoli & Shredded Carrots//Ranch/Milk

### Wednesday September 23rd

Breakfast: Cocoa Wheats/Waffles/Strawberries/Milk

Lunch: Cheese Baked Ziti/Apricots/Garlic Bread/Milk

Snack: Mozzarella Stick/Beef Stick

### Thursday September 24th (OhioPlye Trip)

Breakfast: Muffins/Banana/Milk

Lunch: Pepperoni Roll/Fruit Cup/Carrot Sticks/Milk

Snack: Chex Mix/Raisins

### Monday September 28th

Breakfast: Omelet/ 100% Juice/Milk

Lunch: Chicken Parmesan/Roasted Carrots/Fruit Cocktail/Milk

Snack: Cottage Cheese/Pineapple

### Tuesday September 29th

Breakfast: Coffee Cake/Biscotti/Apple Slices/Milk

Lunch: Roast Beef Fritters/Mashed Potatoes/Brussel

Sprouts/Applesauce/Homemade Dinner Roll/Milk

Snack: Fruit Pizza

### Wednesday September 30th

Breakfast: WG Cereal/Bread/Banana/Milk

Lunch: B.L.T Wrap/Tator Tots/Mandarin Oranges/Milk

Snack: Buffalo Chicken Dip/Corn Chips