



Garrett County Lighthouse, Inc.'s menu— September 2023

Monday, September 4, 2023 Closed for Labor Day

Tuesday, September 5, 2023

Breakfast: WG Cereal/Juice/Milk

Lunch: Spaghetti w/Meatballs/Garlic Bread/Salad/Peaches

Wednesday, September 6, 2023

Breakfast: WG French Toast Sticks/Strawberries/Milk

Lunch: Chicken Tenders/French Fries/Pineapple/Milk

Monday, September 11, 2023

Breakfast: WG Pancakes/Sausage/Juice/Milk

Lunch: Taco Salad w/Lettuce/Tomato/Peaches/Milk

Tuesday, September 12, 2023

Breakfast: WG Waffles/Scrambled Eggs/Juice/Milk

Lunch: Fish Sandwich/Tater Tots/Vegetable Blend/Milk

Wednesday, September 13, 2023 Birthday Celebration

Breakfast: Oatmeal/Blueberries/Milk

Lunch: Grilled Hamburgers w/Lettuce/Tomato/Onion/Baked Beans/Applesauce/Milk

Monday, September 18, 2023

Breakfast: Sausage Gravy/Biscuits/Scrambled Eggs/Juice/Milk

Lunch: Fried Chicken/Green Beans/Peaches/Milk

Tuesday, September 19, 2023

Breakfast: WG Cereal/Juice/Milk

Lunch: Hot Dogs w/Diced Onions/French Fries/Pineapple/Milk

Wednesday, September 20, 2023

Breakfast: WG Pancakes/Sausage/Juice/Milk

Lunch: Chili/Peanut Butter/Jelly Sandwich/Vegetable Mix/Peaches/Milk

Monday, September 25, 2023

Breakfast: WG French Toast Sticks/Juice/Milk

Lunch: Chicken Sandwich w/Lettuce/Tomato/Tater Tots/Applesauce/Milk

Tuesday, September 26, 2023

Breakfast: WG Waffles/Sausage/Juice/Milk

Lunch: Sloppy Joe/French Fries/Pineapple/Milk

Wednesday, September 27, 2023

Breakfast: Oatmeal/Strawberries/Milk

Lunch: Fish/Tater Tots/Vegetable Blend/Milk

**WG—Whole Grain



****Menu subject to change without notice.****

This institution is an equal opportunity provider.