


## Washtenaw County September 2018

Monday		Tuesday		Wednesday		Thursday		Friday						
<b>3</b> <u>Closed for Holiday</u>  		<b>4</b> Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>800 mg Sodium</i>		<b>5</b> Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine  <i>853 mg Sodium</i>		<b>6</b> Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>640 mg Sodium</i>		<b>7</b> Lemon Pepper Chicken Whipped Potatoes Spinach Tossed Salad Cornbread (2oz) Fresh Cantaloupe Milk Margarine Salad Dressing <i>681 mg Sodium</i>						
<b>10</b> Beef Jardine Whipped Potatoes Spinach Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>885 mg Sodium</i>		1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	<b>11</b> Glazed Ham Oven Roasted Potatoes Green Beans Tossed Salad Whole Grain Roll Petite Banana Milk Margarine Salad Dressing <i>989 mg Sodium</i>		3 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each 1 each	<b>12</b> Spaghetti with Meat Sauce Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Pineapple Milk Margarine Salad Dressing  <i>518 mg Sodium</i>		1 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	<b>13</b> Tuna Salad Coleslaw Ranch House Tomatoes Whole Grain Ciabatta Roll Fresh Honeydew Melon Milk  <i>869 mg Sodium</i>		1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	<b>14</b> Chicken Strips Teriyaki Sauce Rice Broccoli Sliced Carrots Multi-Grain Bread Fresh Cantaloupe Milk Margarine <i>918 mg Sodium</i>		3 oz 1 oz 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each
<b>17</b> Chicken Marsala Au Gratin Rotini Spinach Beet Salad Whole Grain Roll Fresh Apple Slices Milk Margarine  <i>954 mg Sodium</i>		1 piece 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>18</b> <u>National Cheeseburger Day</u> Hamburger Patty Lettuce and Tomato Ranch Beans California Vegetable Blend Wheat Hamburger Bun Fresh Honeydew Melon Milk Mustard Ketchup  <i>679 mg Sodium</i>		1 each 1/4 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	<b>19</b> Chicken Salad Coleslaw Italian Tomatoes Whole Grain Ciabatta Roll Fresh Pineapple Milk  <i>708 mg Sodium</i>		1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	<b>20</b> Beef with Mushroom Gravy Whipped Potatoes Green Peas Tossed Salad Multi-Grain Bread Fresh Cantaloupe Milk Margarine Salad Dressing <i>876 mg Sodium</i>		1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	<b>21</b> Sliced Turkey Breast w/Gravy Oven Roasted Potatoes Green Beans Broccoli Salad Whole Grain Roll Mandarin Oranges Milk Margarine  <i>575 mg Sodium</i>		3 oz 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each
<b>24</b> Baked Chicken Breast Balsamic Onion Sauce Au Gratin Potatoes Brussels Sprouts Tossed Salad Multi-Grain Bread Fresh Orange Milk Margarine Salad Dressing <i>790 mg Sodium</i>		1 each 1 oz 1/2 cup 1/2 cup 1 cup 1 slice 1 each 1 each 1 each 1 each	<b>25</b> <i>Potluck</i>		<b>26</b> Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Fiesta Vegetable Blend Corn Tortilla Fresh Pineapple Milk Taco Sauce  <i>744 mg Sodium</i>		1/2 cup 1/2 oz 1 cup 1 cup 1 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>27</b> BBQ Rib Patty Black-eyed Peas Spinach Wheat Hamburger Bun Fresh Apple Slices Milk  <i>966 mg Sodium</i>		1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	<b>28</b> Meatloaf with Tomato Gravy Whipped Potatoes Peas and Carrots Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing  <i>901 mg Sodium</i>		1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	