

MSA CHARLESTON Lunch Menu September

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Lasagna, sweet peas, garlic toast, fresh fruit	4 Chicken strips, mac n cheese, mixed veggies, fresh fruit	Smothered pork chips w/gravy, mashed pototatoes, green beans, fresh fruit	6 Personal pizza, steamed broccoli, orange slices	7
8	9 Cheeseburgers, sweet peas, french fries, fruit salad	Taco Tuesday sweet corn, fresh fruit	Herb baked Chicken, Rice Pilaf, fresh green beans , fruit	12 Cheesy Beefaroni, steamed broccoli, garlic toast, fruit	13 Chicken Tenders, french fries, mixed veggies, orange slices	14
15	16 Chili Dogs, Pasta Salad, carrots with ranch, mixed fruit	17 Chicken and Broccoli Alfredo, garden salad, garlic toast, fruit	Meatloaf, mashed potoatoes and gravy, corn on the cob, fresh fruit	19 Chicken & Waffles, Home fries, green beans, fresh fruit	20 Personal pizza, steamed broccoli, orange slices	21
22	23 Spaghetti w/ meat sauce. zuchinni & squash medley, garlic toast, fresh fruit	Taco Tuesday sweet corn, fresh fruit	25 Baked Chicken, Red Rice, Steamed Broccoli, Orange slices with strawberries	26 BBQ meatballs, Mac & cheese, Green Beans, sliced watermelon	27 Popcorn Chicken Tator Totsm Sweet peas, fruit	28
29	Chicken Sandwhich, french fries, carrots with ranch, fruit				*menu subject to change based on availability	