

<p>Aug. 30 MONDAY Stuffed Salmon with Dill Sauce Roasted Red Potatoes Kernel Corn Applesauce Cup – All Dinner Roll</p>	<p>Aug. 31 TUESDAY Apricot Glaze Chicken Breast Whipped Potato with Chives Harvard Beets Fruit Smoothie Diets Yogurt Bread Stick</p>	<p>Sept. 1 WEDNESDAY Fruit Punch / Beef Meatloaf Gravy / Loaded Whip Potatoes Carrot Coins Chocolate Chip Cookie Light Rye Bread</p>	<p>Sept. 2 THURSDAY Roast Turkey with Gravy Cranberry Sauce Red Bliss Potato California Blend Vegetable Ice Cream Cup – All Whole Wheat Dinner Roll</p>	<p>Sept. 3 FRIDAY Sliced Ham Cold Plate Macaroni Salad Tossed Salad w/ LS Dressing Mustard Packet Watermelon Slices / MOW Fresh Apple / Wheat Bread</p>
<p>6 NO MEAL LABOR DAY HOLIDAY</p>	<p>7 LS Hot Dog New England Baked Beans Mustard & Relish Coleslaw Peaches –All Hot Dog Roll</p>	<p>8 Cranberry Juice American Chop Suey Sweet Peas Vanilla Pudding Diet Pudding Light Rye Bread</p>	<p>9 Chicken Salad Cold Plate Shredded Lettuce Macaroni Salad Pickled Beets Fresh Orange – All Pita Bread</p>	<p>10 Fiesta Fish / Lemon Juice Pkt. Rice Pilaf Green Beans & Tomatoes Pineapple – All Whole Wheat Bread</p>
<p>13 Chicken, Ziti w / Alfredo Sauce Broccoli Cranberry Sauce Fresh Apple – All Oatmeal Bread</p>	<p>14 Sweet & Sour Meatballs White Rice Green & Gold Beans Artic Ice Diets Ice Cream Cup Dark Rye Bread</p>	<p>15 Tuna Salad Plate Shredded Lettuce Red Bliss Potato Salad Carrot sticks Peaches – All Finger Roll</p>	<p>16 Lemon Pepper Chicken Whipped Potato & Chives California Blend Vegetables Cranberry Sauce Birthday Cake / MOW & Diets Lorna Doones Light Rye Bread</p>	<p>17 Pier 17 Fish Lemon Juice Packet Garlic Whipped Potatoes Peas and Carrots Apple Crisp / Diets Applesauce Low Fat Muffin</p>
<p>20 Beefsteak & Cheese Ketchup Packet Mixed Vegetables Low Sodium Potato Chips Fresh Orange – All Hamburger Roll</p>	<p>21 Sliced Turkey Cold Plate Macaroni Salad Toss Salad w/ LS Dressing Mayonnaise Packet Fruit Cocktail – All Small Sub Roll</p>	<p>22 Shepherd’s Pie (Ground Beef, Whip Potatoes & Corn) Chocolate Pudding Diet Pudding Multigrain Bread</p>	<p>23 Baked Chicken Quarter Florentine Rice Broccoli & Cauliflower Oatmeal Cookie Diets Butter Cookie Low Fat Muffin</p>	<p>24 Macaroni & Cheese Zucchini & Tomatoes Carrot Sticks Chilled Peaches –All Light Rye Bread</p>
<p>27 Grape Juice Seafood Salad Plate Cherry Tomatoes Shredded Lettuce Carrot Sticks Ice</p>	<p>28 Garlic Baked Chicken Qtr. Cranberry Sauce Loaded Potatoes Oregon Veg. Peaches – All</p>			

All meals include low-fat milk & margarine upon request. Suggested donation is \$2.00 per meal

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Merrimack Valley Nutrition Project

September 2010 Menu

Cream Cup – All Finger roll	Oatmeal Bread			
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