

For more information call: (607) 776-4310.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed in observance of Labor Day	3 Spaghetti & Meatballs with Sauce Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	4 Chicken Breast with Dijon Mustard Sauce Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	5 Braised Beef Tips with Gravy Mashed Potatoes Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	6 Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
9 Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	10 Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	11 Sliced Turkey with Gravy Mashed Potatoes Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	12 Pork Tenderloin with Gravy Red Skinned Potatoes Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	13 Baked Fish Sweet Potatoes Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk Apple Juice
16 Beef Patty with Mushroom Gravy Red Skinned Potatoes Spinach Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	17 Cabbage Roll with Sauce Mashed Potatoes Peas Applesauce Cottage Cheese Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	18 Sensational Pork with Gravy over Grain Medley Pacific Blend Vegetable Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	19 Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Apple Juice	20 Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
23 Swedish Meatballs Steamed Rice Broccoli Pineapple Tidbits Oatmeal Raisin Cookie 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	24 Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	25 BBQ Chicken Cubes Sweet Potatoes Cauliflower Rice Pudding with Raisins Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	26 Meatloaf with Onion Gravy Mashed Potatoes Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	27 Italian Lasagna Apple Slice Garnish Carrots Peaches Italian Bread Promise Margarine 1% Milk Orange Juice
30 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	October 1 Savory Beef Stew Cinnamon Pear Garnish Baking Powder Biscuit Mandarin Oranges Promise Margarine 1% Milk Orange Juice	2 BBQ Pulled Pork Applesauce Carrots Coleslaw Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	3 Roast Beef with Gravy Mashed Potatoes Peas Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	4 Chicken & Ziti with Sauce Yellow Beans Broccoli Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice

Menu subject to change without notice.

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$3.50. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.
If you are not yet 60, there is a charge of \$7.00 per meal. See your site coordinator.