



September MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Swedish Turkey Crumble Egg Noddles Chopped Greens Steamed Corn Diced Peach Cup	2 Cheese Ravoli Black-Eyed Peas Green Beans Banana WW Roll	3 Beef Stir-Fry with Veggies Teriyaki Glaze Brown Rice Asian Veggies Fortune Cookie Orange	4 Rosemary Chicken Mac & Cheese Veggie Blend Fresh Cantaloupe WW Roll	5 Chicken Fajitas Spanish Rice Black Beans Orange WW Tortilla
8 King Ranch Chicken Red Potatoes w/Dill Steamed Carrots Mango & Papaya WW Roll	9 Chicken Spinach Salad Chicken Salad Diced Tomatoes & Cucumbers Shredded Carrots Croutons Ranch Dressing	10 Carne Guidada Black Beans Spanish Rice WW Tortilla Picante Sauce Orange	11 Shephard's Pie Green Bean Almondine Seasoned Cauliflower WW Roll Banana	12 Chicken Tenders White Country Gravy Roasted Sweet Potaotes Veggie Blend WW Roll Apple
15 Pork Riblet BBQ Sauce Mashed Potatoes Seasoned Zucchini WW Roll Banana	16 Turkey Tetrazzini Rotini Broccoli & Cauliflower Yellow Squash Mandarin Orange Cup WW Roll	17 Creole Chicken Grilled Chicken Breast Creole Sauce Veggie Blend Oven Baked Fries WW Roll	18 Spaghetti Beef Meatballs WW Spaghetti with Sauce Butternut Squash Green Beans WG Breadstick	19 Orange Chicken Diced Chicken Orange Zesty Sauce Brown Rice Asian Veggies Veggie Egg Roll Orange
22 BBQ Chicken Sandwich Sweet Potato Tots Seasoned Spinach WG Bun Apple	23 Baked Ziti with Ground Turkey Spaghetti Sauce Seasoned Broccoli Steamed Corn WG Breadstick	24 Turkey & Swiss Cheese on WW Hoagie Lettuce & Tomato Cucumber Slices Baby Carrots Mixed Fruit Cup	25 Picadillo Black Beans Spanish Rice WW Tortilla Picante Sauce Mixed Fruit Cup	26 Tarragon Chicken Breast Veggie Blend Brussels Sprouts WW Roll Banana
29 Stir Fry Chicken with Veggies Teriyaki Glaze Brown Rice Veggie Egg Roll Orange	30 Hot Chicken Casserole Egg Noodles Peas & Carrots Spinach & Onions WG Breadstick			

Menus are subject to change based on product availability.