



# September MOW Meal Menu



| Monday                                                                                       | Tuesday                                                                            | Wednesday                                                                 | Thursday                                                                             | Friday                                                                                             |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|             | <b>1</b><br>King Ranch Chicken<br>Pinto Beans<br>Squash<br>Fruit Cup               | <b>2</b><br>Amazing Corn<br>Chowder<br>Salad<br>Roll<br>Fruit             | <b>3</b><br>Cuban Pork Casserole<br>Cole Slaw<br>Roll<br>Pudding Cup                 | <b>4</b><br>Grilled Chicken<br>Drumsticks<br>Black-eyed Pea Salad<br>Potato Salad<br>Roll<br>Fruit |
| <b>7</b><br><b>CENTER CLOSED</b><br>Frozen Meal Sent<br>Waffle<br>Sausage<br>Fruit<br>Yogurt | <b>8</b><br>John Wayne Casserole<br>Zucchini<br>Roll<br>Fruit                      | <b>9</b><br>Ravioli Lasagna<br>Green Salad<br>Breadstick<br>Fruit         | <b>10</b><br>Creamy Dijon Chicken<br>Rice<br>Green Beans<br>Fruit                    | <b>11</b><br>Sub Sandwich<br>Chips<br>Fruit<br>Cookie                                              |
| <b>14</b><br>Chicken on a Biscuit<br>Sandwich<br>Cole Slaw<br>Fruit<br>Pudding Cup           | <b>15</b><br>Skillet Sausage &<br>Potatoes<br>Broccoli<br>Roll<br>Fruit            | <b>16</b><br>Beef & Bean Burrito<br>Pinto Beans<br>Corn<br>Guacamole      | <b>17</b><br>Chicken & Cheese<br>Noodle Bake<br>Carrots<br>Roll<br>Fruit             | <b>18</b><br>Sweet & Sour Chicken<br>Rice<br>Broccoli<br>Pineapple<br>Fortune Cookie               |
| <b>21</b><br>Caprese Chicken<br>Breast<br>Spinach<br>Roll<br>Fruit                           | <b>22</b><br>Pasta Fagioli Soup<br>Salad<br>Breadstick<br>Fruit                    | <b>23</b><br>Chicken Parmesan<br>Pasta<br>Salad<br>Breadstick<br>Fruit    | <b>24</b><br>Creamy White Chili<br>Green Salad<br>Cornbread<br>Fruit                 | <b>25</b><br>Picadillo<br>Pinto Beans<br>Guacamole<br>Tortilla<br>Fruit                            |
| <b>28</b><br>Ham & Cheese<br>Sliders<br>Coleslaw<br>Pudding Cup                              | <b>29</b><br>Ceasar Salad with<br>Chicken<br>Cherry Tomatoes<br>Croissant<br>Fruit | <b>30</b><br>Mom's Pot Pie<br>with Biscuit<br>Broccoli<br>Fruit<br>Cookie |  |               |

\*Menus are subject to change based on product availability.