

**LSS MEALS**

**SEPTEMBER 2019**

Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
<p><b>CLOSED</b></p> 	<p>3 oz Hotdog / WG Bun 1/2 c. Red Diced Potatoes 3/4 c Green Beans Ketchup/Mustard/Relish 1 c Tropical Fruit 8 oz. Low Fat Milk</p>	<p>4 oz. Beef Tips/Gravy 1/2 c. WG Penne Pasta 3/4 c Country Blend Veg 2 WG Bread/Margarine 1 c Peaches 8 oz. Low Fat Milk</p>	<p>4 oz. Full Turkey Sandwich 1/2 c. Potato Salad 1 c Baby Carrots/Ranch 2 WG Bread/Mayo 1 c Fresh Watermelon 8 oz. Low Fat Milk</p>	<p>4 oz Chicken Patty 3/4 c WG Mac &amp; Cheese 3/4 c California Bld Veg WG Bun &amp; Mayo 1 c Fruit Cocktail 8 oz. Low Fat Milk</p>
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
<p>4 oz Hamburger/Gravy 3/4 c Mashed Potatoes 3/4 c Corn 2 Bread/Margarine 1 c Pineapple 8 oz. Low Fat Milk</p>	<p>8 oz. Chicken Alfredo with WG Pasta 1 c Broccoli 2 WG Garlic Breadsticks 1 c Tropical Fruit 8 oz. Low Fat Milk</p>	<p>8 oz. Mandarin Chicken WG Pasta Salad 1 c Cucumbers &amp; Ranch 2 Corn Bread, Margarine Fresh Orange 8 oz. Low Fat Milk</p>	<p>4 oz. Pork Loin/Gravy 3/4 c Boiled Potatoes 3/4 c Green Beans 2 WG Din. Rolls/Margarine 1 c Peaches 8 oz. Low Fat Milk</p>	<p>8 oz. Beef &amp; Tomato Goulash w/ WG Pasta 3/4 c Diced Carrots 2 Bread/Margarine 1 c Applesauce 8 oz. Low Fat Milk</p>
Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
<p>8 oz. Chicken Tetrizzini w/ WG Spaghetti 3/4 c Broccoli 2 WG Garlic Breadsticks 1 c Tropical Fruit 8 oz. Low Fat Milk</p>	<p>4 oz. Fish Patty 3/4 c Macaroni &amp; Cheese 3/4 c Peas &amp; Carrots WG Bun/Tartar Sauce 1 c Pears 8 oz. Low Fat Milk</p>	<p>Full Turkey/Cheese Sandwich 4 oz on WG Bread/Mayo Pkt 1 c Cucumber Slices w/Ranch Dressing Fresh Apple 8 oz. Low Fat Milk</p>	<p>4 oz. Sweedish Meatballs 3/4 c Mashed Potatoes 3/4 c Corn/Blk Bean Medley 2 WG Bread/Margarine 1 c Peaches 8 oz. Low Fat Milk</p>	<p>4 oz. BBQ Chicken 3/4 c Potato Salad 3/4 c Mixed Veg WG Bun, BBQ Sauce Pkt 1 c Mandarin Oranges 8 oz. Low Fat Milk</p>
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
<p>3 oz. Hamburger 3/4 c Tator Tots / Ketchup 3/4 c Baked Beans WG Bun/Ketchup/Mustard 1 c Applesauce 8 oz. Low Fat Milk</p>	<p>Full Ham/Cheese Sandwich 4 oz on WG Bread/Mayo Pkt 1 c Baby Carrots w/Ranch Dressing 1 c Mandarin Oranges 8 oz. Low Fat Milk</p>	<p>8oz.Chicken in Cream Sauce 3/4 c Mashed Potatoes 3/4 c Peas 2 WG Bread/Margarine 1 c Fruit Cocktail 8 oz. Low Fat Milk</p>	<p><b>Tacos</b> 4 oz Taco Meat 3 oz Cheese, 2 Taco Sauce 1/2 c Shred lettuce 1/4 c Tomatoes 2Tb.Sour Crm, 3 WG Tortillas 1/2 c Refried Beans / Orange 8 oz. Low Fat Milk</p>	<p>8 oz. WG Spaghetti with Italian Meat Sauce 3/4 c Green Beans 2 WG Garlic Bread 1 c Pears 8 oz. Low Fat Milk</p>
Monday, September 30				
<p>3 oz. Hotdog / WG Bun 3/4 c Baked Beans 3/4 c Potato Salad Ketchup/Mustard/Relish 1 c Fruit Cocktail 8 oz. Low Fat Milk</p>			<p><b>GIFT CERTIFICATES</b> for meals available at a site, call 800-488-4146 or purchase on line at our website: <a href="http://www.lssmn.org/nutrition">www.lssmn.org/nutrition</a></p>	<p><b>Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted in lieu of donation. Contact Site Manager for more information.</b></p>

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging.

Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Terri Weyer, RD, LD

**MENU SUBJECT TO CHANGE.**

Posted menu is regular diet & provides average of 700-800 calories. Diabetic, sodium and fat restricted menus available upon request.