

BREAKFAST: 6:30 – 10 a.m.
LUNCH: 11 a.m. – 2 p.m.
CLOSED: 2 – 3 p.m.

GRILL ONLY: 3 – 4 p.m.
DINNER: 4 – 7 p.m.
GRILL ONLY: 7 – 9 p.m.

(Items subject to change.)

Monday, September 16	Tuesday, September 17	Wednesday, September 18
<p>Featured: Roast Beef in Au Jus w/ Vegetables Chicken & Dumplings Popcorn Shrimp <i>Chicken & Dumpling Soup</i></p> <p>Sides: Sautéed Squash Green Beans Mashed Potatoes Thickened Peas Baby Carrots <i>Apple Cobbler</i></p>	<p>Featured: Fried Pork Chops Stuffed Chicken Breast Swiss Mushroom Burger <i>Chicken Sausage Gumbo</i></p> <p>Sides: Butter Beans Fried Okra Green Beans Scalloped Potatoes Sicilian Blend <i>Bread Pudding</i></p>	<p>Featured: Macaroni Beef & Tomatoes "Oven Baked Crunchy Tilapia w/ Lemon Butter" Fried Chicken Sandwich <i>Tomato Basil Soup</i></p> <p>Sides: Green Beans Pinto Beans Scalloped Tomatoes Cheese Sticks Stewed Whole Potatoes <i>Cherry Cobbler</i></p>
Thursday, September 19	Friday, September 20	Saturday, September 21
<p>Featured: Salmon Croquettes Beef Tips & Rice Grilled Chicken Caesar Salad <i>Potato Soup</i></p> <p>Sides: Red Potatoes Cut Corn Broccoli Spears Blackeye Peas Green Beans Peach Cobbler</p>	<p>Featured: Chicken Parmesan Cajun Catfish Turkey Avocado Club Wrap <i>Chicken Tortilla Soup</i></p> <p>Sides: Bermuda Blend Mashed Potatoes Green Beans Macaroni & Cheese Fried Apple Crescents Blackberry Cobbler</p>	<p>Featured: Stuffed Chicken w/ Broccoli Stuffed Peppers <i>Cream of Broccoli Soup</i></p> <p>Sides: Loaded Potato Casserole California Blend Lima Beans Wild Rice Apple Cobbler</p>
Sunday, September 22	Served Every Day:	Healthy Tips:
<p>Featured: Sliced Ham w/ Pineapple Fried Chicken Breast <i>Vegetable Soup</i></p> <p>Sides: Candied Yams Broccoli Rice Casserole Cut Corn Green Beans <i>Blackberry Cobbler</i></p>	<p>Breakfast Daily Hamburgers Cheeseburgers Hot Ham & Cheese Hot Turkey Sandwich Fish Sandwich Chicken Salad Sandwich Tuna Salad Sandwich Pimento Cheese Bologna Sandwich Grilled Chicken Veggie Burgers</p> <p>Cold Ham or Turkey Sandwich Salad Bar Soup of the Day Assorted Desserts Cobbler of the Day French Fries Onion Rings Chicken Fingers Yogurt Shooters Baked Potato Baked Sweet Potato</p>	<p>Items in red are healthier choices. <i>September is National Breakfast Month</i> ~ Make eating breakfast a priority! Skipping breakfast can lead to weight gain, may cause you to overeat later in the day, and interferes with your ability to concentrate at school or work. Try the following for a healthy start to your day: small whole wheat bagel w/ peanut butter, a banana, and a glass of skim milk; oatmeal w/ skim milk topped w/ fresh fruit and nuts; parfait made w/ low-fat yogurt, fruit, and granola; sandwich made w/ a whole grain English muffin, turkey bacon, and low-fat cheese.</p>

