

**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.)

<b>Monday, September 9</b>	<b>Tuesday, September 10</b>	<b>Wednesday, September 11</b>
<p><b>Featured:</b> <b>Pan Seared Italian Chicken Breast</b> Meatloaf w/ Red Sauce Fish Tacos <i>Smoky Red Pepper Gouda</i></p> <p><b>Sides:</b> Risotto Rice Green Beans Mashed Potatoes <b>Bermuda Blend</b> Mixed Beans <i>Bread Pudding</i></p>	<p><b>Featured:</b> Liver &amp; Onions Fried Shrimp w/ Hushpuppies Chicken Beef Bowl <i>Potato Soup</i></p> <p><b>Sides:</b> Green Beans Mashed Potatoes Sauteed Mushrooms <b>Sicilian Blend</b> <i>Blackberry Cobbler</i></p>	<p><b>Featured:</b> Orange Chicken over Rice Roast Beef w/ Vegetables Turkey Cucumber Ranch Wrap <i>Chicken &amp; Wild Rice Soup</i></p> <p><b>Sides:</b> Green Beans <b>Cob Corn</b> Lima Beans Egg Rolls <b>Stir Fry Veggies</b> <i>Apple Cobbler</i></p>
<b>Thursday, September 12</b>	<b>Friday, September 13</b>	<b>Saturday, September 14</b>
<p><b>Featured:</b> <b>Crunchy Baked Cod</b> BBQ Ribs Taco Salad <i>Cream Of Broccoli Soup</i></p> <p><b>Sides:</b> Ranch Potatoes Baked Beans Fried Green Tomatoes Macaroni &amp; Cheese <b>Malibu Blend</b> <i>Peach Cobbler</i></p>	<p><b>Featured:</b> <b>Mojito Lime Chicken Breast</b> 5 Cheese Lasagna Fish Sandwich <i>Potato Soup</i></p> <p><b>Sides:</b> Mexican Rice Jalapeno Poppers <b>Black Beans</b> <b>Roasted Broccoli</b> Green Beans <i>Strawberry Cobbler</i></p>	<p><b>Featured:</b> Stuffed Cabbage Chicken Tetrazzini <i>Chicken &amp; Sausage Gumbo</i></p> <p><b>Sides:</b> Mashed Potatoes <b>Sicilian Blend</b> Fried Cheese Sticks Green Beans Blackberry Cobbler</p>
<b>Sunday, September 15</b>	<b>Served Every Day:</b>	<b>Healthy Tips:</b>
<p><b>Featured:</b> Fried Pork Chops Meatloaf w/ Brown Gravy <i>Vegetable Beef Soup</i></p> <p><b>Sides:</b> Mashed Potatoes <b>Turnip Green</b> Green Beans Cut Corn <i>Apple Cobbler</i></p>	<p>Breakfast Daily Hamburgers Cheeseburgers <b>Hot Ham &amp; Cheese</b> <b>Hot Turkey Sandwich</b> Fish Sandwich <b>Chicken Salad</b> <b>Sandwich</b> <b>Tuna Salad Sandwich</b> Pimento Cheese Bologna Sandwich <b>Grilled Chicken</b> <b>Veggie Burgers</b></p> <p><b>Cold Ham or Turkey Sandwich</b> <b>Salad Bar</b> Soup of the Day Assorted Desserts Cobbler of the Day French Fries Onion Rings Chicken Fingers <b>Yogurt Shooters</b> <b>Baked Potato</b> <b>Baked Sweet Potato</b></p>	<p><b>Items in red are healthier choices.</b> <b><u>September is National Breakfast Month</u></b> ~ 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>

