



1711 W. Montana Street
Los Angeles, CA 90026

September 2009 Nutrition Menu

Day	Date	Breakfast	Lunch
-----	------	-----------	-------

Served with Milk & Fresh Fruit

Served with Milk & Fresh Fruit

Monday	9/7/2009	Labor Day - Holiday	Labor Day - Holiday
Tuesday	9/8/2009	Bagel with Cream Cheese	Chicken and Vegetables Taco Salad Served w/ Rice
Wednesday	9/9/2009	French Toast	Turkey Sand. on Wheat w/Fruit & Salad
Thursday	9/10/2009	Egg & Cheese English Muffin	Hot Dog Served with Green Salad and Fruit
Friday	9/11/2009	Cold Cereal w/ Yogurt & Banana	Chicken Quesadilla with Green Salad and Rice

Monday	9/14/2009	Coffee Cake & String Cheese	Baked Chicken, Mashed Potatoes w/Gravy, Roll & Veggi
Tuesday	9/15/2009	Bagel with Cream Cheese	Beef and Vegetables Pasta Casserole with Salad
Wednesday	9/16/2009	Pancakes with Sausage	B.B.Q Chicken Tender with Coleslaw and Roll
Thursday	9/17/2009	Fruit Parfait w/ Graham Crackers	Turkey Breast w/Mashed Potatoes Gravy and Roll
Friday	9/18/2009	Cold Cereal w/ Yogurt & Banana	Chicken Teriyaki & Vegetables over Rice, Orange

Monday	9/21/2009	Grilled Cheese Sandwich	Spaghetti and Meat Sauce with Green Salad
Tuesday	9/22/2009	Bagel with Cream Cheese	Chicken Mole with Spanish Rice and Fruit
Wednesday	9/23/2009	French Toast	B.B.Q Chicken Breast on a Bun with Salad
Thursday	9/24/2009	Egg & Cheese English Muffin	Hot Dog with Green Salad And Fruit
Friday	9/25/2009	Cold Cereal w/ Yogurt & Banana	Sloppy Joe on a Bun with Coleslaw

Monday	9/28/2009	Coffee Cake & String Cheese	Chicken Fettuccini Alfredo with Green Salad
Tuesday	9/29/2009	Bagel with Cream Cheese	Ground Beef Chili with Vegetables Over Rice
Wednesday	9/30/2009	Pancakes with Sausage	Vegetarian Lasagna with Green Salad
Thursday			
Friday			

