

Russian Menu

September

Monday	Tuesday	Wednesday	Thursday	Friday 1st
				Cheese Blintz Blueberry Sauce Home fries, Peppers and Onions Veggie Patties Dinner Roll Pineapple Milk (cal) 1032 (Na) 1223
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
Labor Day	Beef Kabob Roast Vegetables Rice Pilaf Whole Grain Bread Orange Milk (cal) 741 (Na) 606	Chicken Pesto Spinach Roast Potato Dinner Roll Jello Milk (cal) 787 (Na) 997	Herb Salmon w/ Lemon Sauce Mashed Sweet Potato Cauliflower Whole Grain Bread Peaches Milk (cal) 871 (Na) 605	Beef Pelmini Caramelized Onions Stewed Tomato Dinner Roll Fruit Cup Milk (cal) 846 (Na) 737
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Beef Knish Kasha Vanishka Broccoli Dinner Roll Apple Sauce Milk (cal) 1122 (Na) 821	Rotisserie Chicken Baked Sweet Potato Summer Squash Whole Grain Bread Banana Milk (cal) 938 (Na) 752	Baked Macaroni and Cheese Roast Tomato Cake Dinner Roll Milk (cal) 855 (Na) 1134	Kotlet Chicken Patty with Gravy Roast Beets and Baked Potato Whole Grain Bread Orange Milk (cal) 1115 (Na) 968	Salisbury Steak with Gravy Carrots Steamed Rice Dinner Roll Pudding Milk (cal) 892 (Na) 883
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Beef Stroganoff Egg Noodles Steamed Peas Peaches Dinner Roll Milk (cal) 780 (Na) 747	Chicken Marsala Baked Potato Steamed Carrots Whole Grain Bread Pears Milk (cal) 832 (Na) 702	Vegetable Chili with Cheddar Cheese Broccoli Dinner Roll Cake Milk (cal) 775 (Na) 1088	Chicken Schnitzel / Gravy Steamed Rice Braised Cabbage Whole Grain Bread Banana Milk (cal) 1024 (Na) 1154	Baked Cod Mashed Potato Roast Zucchini Dinner Roll Fruit Cup Milk (cal) 713 (Na) 966
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Apricot Chicken Roast Potato Asparagus Dinner Roll Pear Milk (cal) 822 (Na) 1027	Cod Cakes Roast Tomato Mashed Potato Whole Grain Bread Brownie Milk (cal) 1059 (Na) 958	Beef and Macaroni Steamed Broccoli Dinner Roll Orange Milk (cal) 755 (Na) 657	Chicken Stir Fry Basmati Rice Green Beans Whole Grain Bread Banana Milk (cal) 773 (Na) 423	Vegetable Quiche Homefries Steamed Spinach Dinner Roll Peaches Milk (cal) 760 (Na) 772