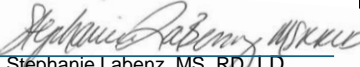


September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Cook's Choice	Chef's Salad	Pork Cutlet	Chicken Parmesan
	Cheeseburger on Bun	Crackers	Mashed Potatoes & Gravy	Spaghetti Noodles
	Lettuce/Tomato	Pineapple Chunks	Capri Vegetables	Garlic Bread
	TriTator	Brownie	Pears	Spinach Salad
	Cottage Cheese Fruit Salad			Apricots
9	10	11	12	13
Goulash	Lemon Baked Fish	Oven Baked Chicken	Pizza Casserole	Creamy Tuna Salad
Lettuce Salad	Sweet Potato	Mashed Potatoes	Green Beans	Marinated Carrot Salad
Garlic Bread	Cabbage, Carrots & Onions	Brussels Sprouts	Fruited Yogurt	Fruit Cocktail
Melon	Strawberries	Peaches	Banana and Oranges	Lemon Bar
Peanut Butter Bar				
16	17	18	19	20
Sloppy Joe on Bun	Chicken Strips	Amish Ham & Potato Bake	Baked Fish Filet	Egg Salad Sandwich
Diced Potatoes	Au Gratin Potatoes	Mixed Vegetables	Lima Beans	3 Bean Salad
Mixed Vegetables	Peas with Onions	Banana	Roll	24 Hour Fruit Salad
Cinnamon Applesauce	Pears	Butterscotch Pudding	Mixed Berries	Cookie
	Dessert		Chocolate Pudding	
23	24	25	26	27
Breaded Chicken Patty	Turkey Ham	Cheeseburger on Bun	Chicken Taco Salad	BBQ Beef Sandwich
Mashed Potatoes & Gravy	Baked Potato	Lettuce/Tomato	Black Beans & Corn Salad	Sweet Potato Tots
Corn	Broccoli Cuts w/Cheese	Baked Beans	Chips	2 Bean Salad
Apricots	Cherries	Broccoli Cauliflower Salad	Mixed Berries	Mandarin Oranges
		Apple		
30	MEALS ARE FUNDED BY:		To Cancel your meal,	
Cook's Choice	*Jasper County		call 641-792-7102.	
Casserole	*Aging Resources		Meals will not be left	
Asparagus	*Client Donations		if you are not home or	
Mandarin Oranges	*Elderly Waiver/Medicaid		have not communicated	
Brownie	*UNITED WAY EFSP FUNDS		with us.	
	*Memorials			


Stephanie Labenz, MS, RD, LD

*Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for most adults.