

 September 2026 734-241-0404		1 Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein	2 Birthday Dinner Chicken Marsala Mashed Potatoes Broccoli Birthday Cake & Ice Cream 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod (No sandwiches today)	3 Class of '69 Lunch Spiral Ham pineapple Country Potatoes Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	4 Lasagna Spinach Side Salad /Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	5 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
6 Pork Roast /Chicken Baked Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	7 Ford Retirees Patty Melts with Sautéed Onions French Fries Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	8 Class of '58 Lunch USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod	9 Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbs; 34.7 g protein	10 BBQ Pork Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	11 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	12 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
13 Bingo Roast Beef / Salmon Red Skin Potatoes Green Beans / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	14 Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	15 Corn Flake Chicken Brown & Wild Rice Cauliflower Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.	16 Class of '67 Breakfast Mostacolli Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	17 Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	18 Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans Fresh Fruit 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	19 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
20 Roast Turkey Sweet Potatoes Green Beans Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	21 Class of '65-66 Lunch Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	22 Ranch Chicken Country Potatoes Normandy Vegetables Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	23 Baked Salmon Red Skin Potatoes Mixed Vegetables 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sod.	24 Health Odyssey Salsa Meat Loaf Mashed Potatoes Green Beans / Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod (No other options today)	25 Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	26 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
27 \$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	28 Lunch & Learn Grilled Chicken over Lettuce /Cottage Cheese Multi-Grain Bread / Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod	29 Sloppy Joes Spaghetti Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	30 Soup & Sandwich \$2 Chicken Tortilla or Bean & Ham Soup Egg or Tuna Salad Sandwich / Cookie (No other options today)	Lunch is Served 11:00 a.m. to 1:00 p.m. Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.		