
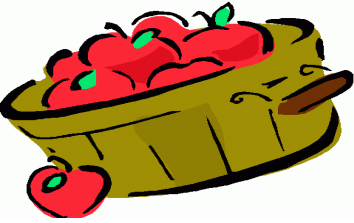
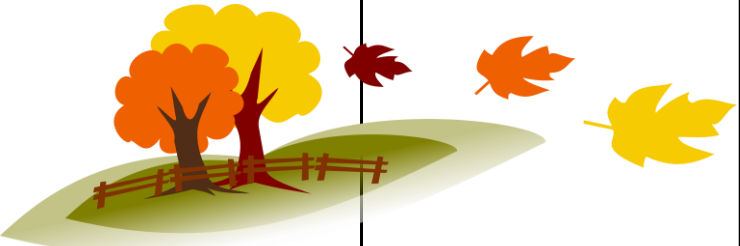


NCAA Golden Meals
September 2019

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

9/2	9/3	9/4	9/5	9/6
<p>SITE CLOSED</p> 	<p>Tuna & Noodles Peas Peaches</p>	<p>Salisbury Steak Mashed Potatoes Lima Beans Fresh Fruit</p>	<p>Baked Chicken Mashed Potatoes Mixed Vegetables Fresh Fruit</p>	<p>Tuna Salad Potato Salad Applesauce Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>
9/9	9/10	9/11	9/12	9/13
<p>Hot Dogs Potato Wedges Baked Beans Fresh Fruit Whole Wheat Bun</p>	<p>Scalloped Potatoes & Ham Carrots Mixed Fruit</p> <p>BLOOD PRESSURE SCREENING</p>	<p>Mac & Cheese Cassarole Green Beans Pears</p>	<p>Baked Cod W/ Lemon Butte Parslied Potatoes Spinach Fresh Fruit</p>	<p>Chili Applesauce Cornbread</p> <p>Buffet @ Freeport Golden Meals Dining Room Only</p>
9/16	9/17	9/18	9/19	9/20
<p>Brats W/ Sauerkaut Parslied Potatoes Baked Beans Fresh Fruit Whole Wheat Bun</p>	<p>Lemon Pepper Chicken Cheesy Potatoes Mixed Vegetables Fresh Fruit</p>	<p>Pepper Steak Mashed Potatoes Corn Fresh Fruit</p>	<p>Cabbage Rolls Glazed Carrots Mixed Fruit</p>	<p>Ham Salad Coleslaw Applesauce Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>
9/23	9/24	9/25	9/26	9/27
<p>Swedish Meatballs Parslied Potatoes Green Beans Fresh Fruit</p>	<p>Chicken & Dumplings Buttered Carrots Peaches</p> <p>GROCERY BINGO</p>	<p>Meatloaf Mashed Potatoes Corn Fresh Fruit</p>	<p>Roast Pork Loin Potato Casserole Mixed Vegetables Fresh Fruit</p>	<p>Chicken Salad Pea Salad Peaches Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>
9/30				
<p>Cowboy Hash Potato Wedges Pears</p>				

Bread, Margarine & Milk Offered With Every Meal