

WOCOA Menu for Sept 2017

				Fri, Sep 1, 17 Hamburger on Bun Baked Beans Wheat Bun Fruit Cobbler Mustard, Ketchup, Mayonnaise Lettuce & Tomato Milk
Mon, Sep 4, 17 Closed For Labor Day	Tue, Sep 5, 17 Spaghetti and Meat Sauce Spaghetti Noodles Steamed Broccoli Toss Salad & Dressing Baked Sliced Apples Milk	Wed, Sep 6, 17 Pork Chop Black-eyed Peas Greens Cornbread Fresh Fruit Orange Juice	Thu, Sep 7, 17 Chicken Pot Pie Cut Sweet Potatoes Broccoli Yogurt Milk	Fri, Sep 8, 17 Tuna Salad Broccoli Salad Lettuce/Tomato Wheat Bread (2) Fresh Fruit Milk
Mon, Sep 11, 17 Chicken and Rice Black-eyed Peas Broccoli Fresh Fruit Milk	Tue, Sep 12, 17 Beef Patty with Gravy Whole Kernel Corn Green Beans WW Roll Yogurt Milk	Wed, Sep 13, 17 Hotdog Baked Beans Cole Slaw WW Bun Apple Cobbler Orange Juice Ketchup/Mustard	Thu, Sep 14, 17 Chili with Beans & Onions Succotash Steamed Carrots Wheat Crackers Fruited Gelatin Milk	Fri, Sep 15, 17 Hamburger on Bun Hash Brown Casserole Fruit Cobbler Wheat Bun Lettuce/ Tomato Mustard/Ket/Mayo Milk
Mon, Sep 18, 17 Red Beans & Rice with Sausage Mix Veggies Fruit Cup Milk	Tue, Sep 19, 17 Chicken Salad Carrot Raisin Salad 3 Bean Salad Fresh Fruit 2 slices WW Bread Milk	Wed, Sep 20, 17 Beef Stroganoff Noodles Hot Beets WW Roll Yogurt Orange Juice Margarine	Thu, Sep 21, 17 Baked Pork Chop Black Eyed Peas Turnip Greens Cornbread Fresh Fruit Milk	Fri, Sep 22, 17 Baked Fish Whole Kernel Corn Broccoli Salad WW roll Spiced Peaches Milk Ketchup/Tartar Sauce
Mon, Sep 25, 17 Meat Loaf with Tomato Sauce Pinto Beans Mustard Greens Cornbread Oatmeal Cookie Milk	Tue, Sep 26, 17 Smoked Sausage w/Onions & Peppers Tater Tots Baked Beans WW Bun Fresh Fruit Milk	Wed, Sep 27, 17 BBQ Chicken Green Lima Beans Baked Breaded Okra WW Roll Jell-O® with Fruit Margarine Orange Juice	Thu, Sep 28, 17 Roast Beef with Gravy Mashed Potatoes Green Beans Wheat Roll Fresh Fruit Margarine Milk	Fri, Sep 29, 17 Hamburger on Bun Baked Beans Wheat Bun Fruit Cobbler Mustard, Ketchup, Mayonnaise Lettuce & Tomato Milk