


September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Potato Pollock w/Tarter Sauce Corn Peas Wheat Bread Tropical Fruit Milk	5 Chicken Breast w/Creamed Noodles Oriental Vegetables Corn Wheat Bread Mandarin Oranges Milk	6 Pot Roast w/ Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce Milk	7 Herb Marinated Chicken Spinach Baked Potato Wheat Bread Mixed Fruit Milk
10 Lemon Peppered Grilled Chicken Spinach Rosemary Potatoes Wheat Bread Diced Peaches Milk	11 Sliced Turkey w/Vegetable Gravy Whipped Sweet Potatoes Broccoli Cuts Cranberry Pear Crisp Wheat Bread Milk	12 Braised Beef Over Egg Noodles Mixed Greens Diced Carrots Wheat Roll Apple Milk	13 Grilled Hamburger Mac & Cheese Festive Green Beans Pineapple Wheat Bun Milk	14 Chicken & White Bean Chili Corn Brussels Sprouts Corn Bread Mixed Fruit Milk
17 Grilled Chicken Breast w/Sauce Cordon Bleu Broccoli Cut Corn Mutli Grain Bread Pineapple Tidbits Milk	18 Pot Roast w/Vegetable Gravy California Blend Mashed Potatoes Mixed Fruit Birthday Cupcake Milk	19 Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Muffin Orange Wedges Milk	20 Scrambled Eggs Sausage Link Hash Brown Potatoes Spiced Peaches Wheat Bread Milk	21 Country Fried Steak w/Gravy Spinach Baked Potato w/Smart Balance Tropical Fruit Salad Milk
24 Potato Pollock Spinach Peas & Corn Wheat Bread Tropical Fruit Milk	25 Pot Roast w/Vegetable Gravy California Blend Mashed Potatoes Mixed Fruit Salad w/Dressing Milk	26 Chicken Parmesan Key West Blend Mashed Potatoes Wheat Bread Stewed Apples w/Cherries & Almonds Milk	27 Country Ham & Beans Diced Carrots Diced Beets Corn Bread Diced Peaches Milk	28 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Orange Juice Milk

1-800-489-9550 * 317-803-6042

https://cicoa.org/wp-content/uploads/current_nutrition_menu.pdf



September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Closed</u>	4 Potato Pollock 618 Calories 13 g Fat 8 g Fiber 314 mg Calcium 750 mg Sodium 100 g Carbohydrate	5 Chicken Breast/Noodles 569 Calories 13 g Fat 5 g Fiber 450 mg Calcium 828 mg Sodium 83 g Carbohydrate	6 Pot Roast/Gravy 572 Calories 19 g Fat 7 g Fiber 352 mg Calcium 702 mg Sodium 69 g Carbohydrate	7 Herb Chicken 600 Calories 20 g Fat 10 g Fiber 504 mg Calcium 940 mg Sodium 73 g Carbohydrate
10 Grilled Chicken 533 Calories 15 g Fat 8 g Fiber 482 mg Calcium 1100 mg Sodium 71 g Carbohydrate	11 Turkey/Veg Gravy 530 Calories 5 g Fat 5 g Fiber 350 mg Calcium 592 mg Sodium 99 g Carbohydrate	12 Beef/Noodles 559 Calories 17 g Fat 8 g Fiber 423 mg Calcium 616 mg Sodium 71 g Carbohydrate	13 Hamburger 756 Calories 26 g Fat 9 g Fiber 697 mg Calcium 1073 mg Sodium 92 g Carbohydrate	14 Chicken/Bean Chili 689 Calories 17 g Fat 12 g Fiber 525 mg Calcium 468 mg Sodium 95 g Carbohydrate
17 Grilled Chicken 499 Calories 14 g Fat 5 g Fiber 371 mg Calcium 785 mg Sodium 64 g Carbohydrate	18 Pot Roast 686 Calories 35 g Fat 5 g Fiber 381 mg Calcium 1177 mg Sodium 54 g Carbohydrate	19 Grilled Chicken 703 Calories 20 g Fat 10 g Fiber 548 mg Calcium 885 mg Sodium 93 g Carbohydrate	20 Eggs/Sausage 600 Calories 21 g Fat 4 g Fiber 402 mg Calcium 1012 mg Sodium 70 g Carbohydrate	21 Country Steak/Gravy 704 Calories 26 g Fat 8 g Fiber 488 mg Calcium 876 mg Sodium 94 g Carbohydrate
24 Potato Pollock 627 Calories 16 g Fat 11 g Fiber 499 mg Calcium 1261 mg Sodium 92 g Carbohydrate	25 Pot Roast/Gravy 462 Calories 15 g Fat 5 g Fiber 338 mg Calcium 474 mg Sodium 52 g Carbohydrate	26 Chicken Parmesan 514 Calories 10 g Fat 9 g Fiber 415 mg Calcium 974 mg Sodium 77 g Carbohydrate	27 Country Ham/Beans 749 Calories 14 g Fat 17 g Fiber 419 mg Calcium 1194 mg Sodium 125 g Carbohydrate	28 BBQ Chicken 617 Calories 10 g Fat 6 g Fiber 364 mg Calcium 865 mg Sodium 103 g Carbohydrate

1-800-489-9550 * 317-803-6042

https://cicoa.org/wp-content/uploads/current_nutrition_menu.pdf