Hungry? Call the Elk Mtn. Senior Center for a lunch. 307-348-7387 By 9am, morning of the meal. *THANK YOU!*

SEPTEMBER 2020		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
		Baked Ham **Scalloped Potatoes** **Broccoli** **Wheat Bread** **Pineapple Whip** **Milk**	**Beef Stew** **Tossed Salad** **Cheese/onion Roll** **Peaches** **Banana Dessert** **Milk**	**Beef/Broccoli** **Rice** **Egg Roll** **Purple Plums** **Milk**	**Oven Chicken** **Mash. Pot./gravy** **Asparagus** **Wheat Roll** **Strawberries** **Milk**	
Recommended Serving Sizes 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk	MONDAY 7 **LABOR DAY** **Company Holiday**	TUESDAY 8 **Pork Roast** **Mash. Pot./gravy** **Brussels Sprouts** **Wheat Bread** **Cinnamon Apples** **Milk**	WEDNESDAY 9 **Chicken Wrap** w/Lettuce, cheese, & Ranch Dressing **French Fries** **Cole Slaw** **Watermelon** **Milk**	THURSDAY 10 **Goulash** **Tossed Salad** **French Bread** **½ Orange** **Milk**	FRIDAY 11 **Salmon Patty** **Macaroni & Cheese** **Zucchini** **Wheat Roll** **Cherries** **Milk**	SATURDAY 12
HAPPY BIRTHDAY Frosty Crane 12 Buster Johnson 13 Bill Jones 24 Linda Crane 28 Don Ljungblad 30	MONDAY 14 **Meatloaf** **O'Brien Potatoes** **Spinach** **Wheat Bread** **Fruit Cup** **Milk**	TUESDAY 15 **Chicken/Dumplings** **Steamed Carrots** **Wheat Roll** **Mandarin Oranges** **Brownie** **Milk**	WEDNESDAY 16 **Spaghetti/meat sauce** **Tossed Salad** **Garlic Bread** **Citrus Fruit** **Milk**	THURSDAY 17 **Baked Pork Chop** **Rice Pilaf** **Beets** **Wheat Bread** **Apricots** **Milk**	FRIDAY 18 **Roast Beef** **Mash. Pot./gravy** **Corn** **Wheat Roll** **Pineapple Tidbits** **Spice Cake** **Milk**	SATURDAY 19
	MONDAY 21 **Swedish Meatballs** **Noodles** **Squash Blend** **Wheat Bread** **Peaches** **Milk**	TUESDAY 22 **Chili** **Cheese/onion** **Tossed Salad** **Corn Bread** **Strawberries** **Milk**	WEDNESDAY 23 **Hot Turkey Sand.** **Mash. Pot./gravy** **Corn** **Cherry Crisp** **Milk**	THURSDAY 24 **Beef Tacos** **Lettuce/tom./cheese** **Refried Beans** **Asparagus** **Apricots** **Milk**	FRIDAY 25 **Baked Fish** **Wild Rice Blend** **Stewed Tomatoes** **Wheat Roll** **Purple Plums** **Milk**	SATURDAY 26
	MONDAY 28 **Beef Tips** **Mash. Pot/Gravy** **French Bread** **Beets** **Mandarin Oranges** **Milk**	TUESDAY 29 **Chicken Strips** **Tater Tots** **Spinach** **Fruited Jell-O** **Whipped Topping** **Milk**	WEDNESDAY 30 **Beef Wellington** **Oven Potato** **Peas/Carrots** **Wheat Bread** **Pears** **Milk**			