

# Buchanan's Café



## MONDAY September 21

- Sliced Turkey
- Sliced Pit Ham
- Bacon Cheeseburger Combo
- Sweet Potato Casserole
- Dressing
- Green Beans
- Bermuda Blend
- Tomato Florentine
- Bread Pudding

## TUESDAY September 22

- Smokehouse Maple Salmon
- Spaghetti w/ Meat Sauce
- Wings & Things
- Green Beans
- Fried Cheese Sticks
- Cut Corn
- Roasted Potatoes
- Gumbo
- Peach Cobbler

## WEDNESDAY September 23

- Chicken Pot Pie
- Kielbasa & Kraut
- Burrito Bowl
- Green Beans
- Mashed Potatoes
- Corn Nuggets
- White Beans
- Potato Soup
- Cherry Cobbler

## THURSDAY September 24

- Fried Chicken
- Roasted Pork Tenderloin
- Reuben Combo
- Macaroni & Cheese
- Pinto Beans
- Fried Cabbage
- Mashed Potatoes
- Green Beans
- Chili
- Apple Cobbler

## FRIDAY September 25

- Beef Brisket
- Smothered Pork Chops
- Popcorn Shrimp Combo
- Green Beans
- Fried Mushrooms
- Glazed Baby Carrots
- Wild Rice
- Vegetable Soup
- Blackberry Cobbler

## SATURDAY September 26

- Fried Chicken Sandwich Combo w / Fries and Fountain Drink

## SUNDAY September 27

- Sliced Turkey w/ Gravy
- Sweet Potato Casserole
- Dressing
- Green Beans
- Cut Corn
- Roll
- Cobbler

Items in red are healthier choices

BREAKFAST: 6:30 – 10 a.m.  
CLOSED: 10 – 11 a.m.  
LUNCH: 11 a.m. – 2 p.m.  
CLOSED: 2 – 3 p.m.  
GRILL ONLY: 3 – 4 p.m.  
DINNER: 4 – 6:30 p.m.  
GRILL ONLY: 6:30 – 7:30 p.m.  
Items are subject to change.

### Items Served Every Day:

Items in red are healthier choices.

- |                           |                      |
|---------------------------|----------------------|
| • Breakfast               | • Veggie Burgers     |
| • Hamburgers              | • Soup of the Day    |
| • Cheeseburgers           | • Assorted Desserts  |
| • Hot Ham & Cheese        | • Cobbler of the Day |
| • Hot Turkey Sandwich     | • French Fries       |
| • Fish Sandwich           | • Onion Rings        |
| • Pimento Cheese Sandwich | • Chicken Fingers    |
| • Bologna Sandwich        | • Yogurt Shooters    |
| • Grilled Chicken         | • Baked Potato       |
|                           | • Baked Sweet Potato |



## SEPTEMBER IS BREAKFAST MONTH!

Make eating breakfast a priority! Skipping breakfast can lead to weight gain, may cause you to overeat later in the day, and interferes with your ability to concentrate at school or work. Try the following for a healthy start: a small whole wheat bagel with peanut butter, a banana, and a glass of skim milk; oatmeal with skim milk topped with fresh fruit and nuts; a parfait made with low-fat yogurt, fruit, and granola; a sandwich made with a whole grain English muffin, turkey bacon, and low-fat cheese.