

Buchanan's Café



MONDAY September 7

HAPPY LABOR DAY!

- Grilled Chicken
- Burgers
- Hot Dogs
- Baked Beans
- Potato Salad
- Cole Slaw
- Peach Cobbler

TUESDAY September 8

- **Southwest Pork Loin w/ Rice**
- Country Fried Steak w/ Gravy
- Beef Taco Salad in Shell
- Mashed Potatoes
- Green Beans
- Escaloped Apples
- Southwest Egg Roll
- Smoked Pepper Gouda
- Cherry Cobbler

WEDNESDAY September 9

- Fried Pork Chops
- Stuffed Chicken Breast
- Chili Dogs and Tater Tots Combo
- Green Beans
- Turnip Greens
- Au gratin Potatoes
- **Blackeyed Peas**
- Fried Zucchini
- **Vegetable Soup**
- Bread Pudding

THURSDAY September 10

- **Rotisserie Chicken**
- Carved Prime Rib
- **Grilled Chicken Caesar Wrap Combo**
- Cut Corn
- Yukon Gold Mashed Potatoes
- **Fresh Asparagus**
- **Roasted Whole Carrots**
- Potato Soup
- Apple Cobbler

FRIDAY September 11

- Chicken Parmesan
- Tuscan Salmon
- Patty Melt w/ Onion Rings
- Mashed Potatoes
- Green Beans
- **Malibu Blend**
- Fried Cheese Sticks
- **Chicken Tortilla Soup**
- Blackberry Cobbler

SATURDAY September 12

- Taco Salad

SUNDAY September 13

- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Macaroni & Cheese

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.

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| • 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.

Items in red are healthier choices