

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY September 2

Labor Day

- BBQ Ribs
- Hamburgers
- Green Beans
- Baked Beans
- Potato Salad
- Cole Slaw

TUESDAY September 3

- Fried Shrimp & Hushpuppies
- Liver & Onions
- Chicken Quesadillas
- Fried Mushrooms
- Green Beans
- Sicilian Blend
- Mashed Potatoes
- Spinach
- Vegetable Soup
- Blackberry Cobbler

WEDNESDAY September 4

- Roast Beef w/ Vegetables
- Orange Chicken w/ Fried Rice
- BLT w/ Fried Green Tomato Combo
- Egg Rolls
- Cut Corn
- Stir Fried Vegetables
- Green Beans
- Turnip Greens
- Smoked Red Pepper Gouda
- Apple Cobbler

THURSDAY September 5

Italian Day

- Meatballs
- Grilled Chicken
- Sautéed Shrimp
- Pastas: Rigatoni, Penne or Fettuccini
- Sauces: Alfredo, Marinara or Vodka Pesto
- Toppings: Sautéed Peppers, Broccoli or Spinach Kale
- Vegetables: Ricotta Cheese Bites, Brussel Sprouts, Corn or Fresh Green Beans
- Breads: Bread Sticks or Garlic Knot

FRIDAY September 6

- Mojito Lime Chicken Breast
- Fried Catfish
- Loaded Fries
- Yellow Rice
- Jalapeno Poppers
- Black Beans
- Green Beans
- Sautéed Broccoli
- Potato Soup
- Cherry Cobbler

SATURDAY September 7

- BBQ Pork Sandwich Combo

SUNDAY September 8

- Fried Chicken
- Green Beans
- Mashed Potatoes
- Cut Corn
- Cobbler

BREAKFAST: 6:30 – 10 a.m.

LUNCH: 11 a.m. – 2 p.m.

CLOSED: 2 – 3 p.m.

GRILL ONLY: 3 – 4 p.m.

DINNER: 4 – 7:30 p.m.

Items are subject to change.

Served Every Day:

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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 National 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 to your day: small whole wheat bagel w/ peanut butter, a banana, and a glass of skim milk; oatmeal w/ skim milk topped w/ fresh fruit and nuts; parfait made w/ low-fat yogurt, fruit, and granola; sandwich made w/ a whole grain English muffin, turkey bacon, and low-fat cheese.

