

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY September 9

- **Crunchy Baked Tilapia w/ Lemon Butter**
- Beef Stir Fry over White Rice
- Grilled Chicken Bacon Wrap w/ Homemade Ranch Combo
- Green Beans
- **Bermuda Blend**
- Cob Corn
- Roasted Red Potatoes
- Egg Roll
- Broccoli Cheese Soup
- Pecan Cobbler

TUESDAY September 10

- Fried Pork Chops
- Stuffed Chicken Breast
- Beef Taco Salad in Shell
- Shoepeg Corn
- Green Beans
- **Sicilian Blend**
- Fried Zucchini
- Escalloped Apples
- Smoked Pepper Gouda
- Bread Pudding

WEDNESDAY September 11

- Carved Prime Rib
- Carved Pit Ham
- **Grilled Chicken Caesar Wrap**
- Yukon Gold Mashed Potatoes
- **Roasted Trim Top Carrots**
- Cut Corn
- **Grilled Asparagus**
- Chicken & Dumpling Soup
- Cherry Cobbler

THURSDAY September 12

- **Southwest Pork Loin over Rice**
- Country Fried Steak w/ Gravy
- Chick Fila Combo w/ Waffle Fries
- Green Beans
- **Broccoli Spears**
- Butter Beans
- Mashed Potatoes
- Southwest Egg Rolls
- Potato Soup
- Apple Cobbler

FRIDAY September 13

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

SATURDAY September 14

- Taco Salad

SUNDAY September 15

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

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:

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 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.

