

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY September 15

- Fish & Chips
- Chicken & Dumplings
- Turkey Cucumber Ranch Wrap w/ Baked Lays
- Smoked Red Pepper Gouda
- Green Beans
- Blackeye Peas
- Roasted Red Potatoes
- Fried Okra
- Peach Cobbler

TUESDAY September 16

- Cajun Chicken Pasta
- Roast Beef w/ Veggies
- Street Tacos (Chicken or Beef)
- Lobster Bisque
- Mashed Potatoes
- Broccoli Rice Casserole
- Fried Green Beans
- Lima Beans
- Cherry Cobbler

WEDNESDAY September 17

- Baked Ziti
- Salmon Croquettes w/ Dill Sauce
- Grilled Chicken Caesar Salad
- Potato Soup
- Green Beans
- Fresh Asparagus
- Mashed Potatoes
- Squash Casserole
- Pecan Cobbler

THURSDAY September 18

- Chopped Steak w/ Peppers & Onions
- Chicken Cordon Bleu
- Bang Bang Shrimp Tacos
- Chicken Tortilla Soup
- Mashed Potatoes
- Brussel Sprouts
- Green Beans
- Carrots
- Apple Cobbler

FRIDAY September 19

- BBQ Pork
- Baked Salmon
- Sloppy Joes w/ Tater Tots
- Corn Chowder
- Green Beans
- Baked Beans
- Macaroni & Cheese
- Sautéed Broccoli
- Blackberry Cobbler

SATURDAY September 20

- Steak Nachos

SUNDAY September 21

- Fried Pork Chops
- Mashed Potatoes
- Green Beans
- Cut Corn
- Apples

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.

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.

