



September 2026



Madison County Office for the Aging – Senior Nutrition Program

SNACK - Senior Nutrition and County Kitchen

315-697-5700

Suggested Meal Contribution is **\$3.50**

Actual Meal Cost is \$9.25

If you have a food allergy, please notify us and
allergen information is available for prepared food items.

Monday	Tuesday	Wednesday	Thursday	Friday
	1. French Toast Casserole Turkey Breakfast Sausage Fruited Yogurt Warm Cinnamon Applesauce	2. Soup and Sandwich Broccoli Cheddar Soup ½ Turkey and Cheese Sand w/ L&T (Sites) Capri Blend Veggie Banana	3. Baked Chicken Parmesan Pasta w/sauce Broccoli Salad Mandarin Oranges	4. Baked Glazed Ham Sweet Potatoes Marinated Veggie Salad Peaches WW Bread
7 LABOR DAY	8. Beefy Chili Mixed Veggies Corn Bread Rosey Pears	9. Chicken Riggies Brussel Sprouts Tossed Salad Peaches	10. Glazed Pork Loaf Potato Salad Green Beans Berry Crisp WW Bread	11. Lemon Garlic Chicken Lemon Orzo Greek Cucumber & Tomato Salad Strawberries & Grapes
14. Shepard's Pie Tossed Salad California Blend Veggie Applesauce WW Bread	15. Chicken Spiedie on Bun Peppers & Onions Corn Tomato Salad Banana	16. Trio Cold Plate: Ham Salad, Chicken Salad & Cottage Cheese WW Dinner Roll Cucumber Tomato Salad Peaches	17. Baked WG Pasta w/Meat Sauce Peas & Mushrooms WW Bread 1sl Marg Fruit Cup]	18. Roast Pork Loin w/gravy Mashed Sweet Potato Sliced Zucchini Pears WW Bread
21. Shaved Beef with Peppers and Onions WW Bun Spinach Fruited Yogurt	22. Cold Plate Chef's Salad w/ Chicken, Cheddar Cheese Macaroni Salad 3 Bean Salad Fresh Fruit	23. Mexican Chicken Taco Mexican Rice Seasoned Black Beans Watermelon	24. Fish on Bun Tartar Sauce Coleslaw Broccoli Lemon Lime Poke Cake	25. Sloppy Joe on a Bun Boiled Potatoes Southwestern Blend Fresh Fruit
28. Pulled Pork on a Bun Baked Beans Corn Strawberry Shortcake	29. Chicken Pot Pie Broccoli Tossed Salad Pineapple Tidbits	30. Cheeseburger on a WW bun Coleslaw Sweet Peas Applesauce		1% Milk Served Daily Menu Subject to Change Approved by: Jessica Garay, PhD, RDN, CDN