



BETHESDA LUTHERAN SERVICES

SEPTEMBER 2026



Menu Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Breakfast Cereal & Crackers Lunch Turkey & Cheese Sandwich Seasoned Peas Dinner Chicken Tenders Mashed Potatoes w/ Gravy	31 Breakfast Benefit Bar Lunch Waffles w/ Sausage Tater Tots Dinner Chicken & Biscuits w/ Gravy Mixed Vegetables 1	1 Breakfast Mini Bagel Lunch Soft Shelled Tacos Italian Combo Sub Seasoned Corn Dinner Sausage Hoagie w/ Peppers & Onions Seasoned Cauliflower	2 Breakfast French Toast w/ Sausage Assorted Muffins Lunch Hotdog Meatball Hoagie Seasoned Green Beans Dinner Sloppy Joe On a Bun Lays Potato Chips Baked Beans	3 Breakfast Scrambled Eggs w/ Toast Assorted Frudel Lunch Cheeseburger Mandarin Orange Chicken Bowl Over Rice Steamed Broccoli Dinner Chicken Primavera Seasoned Vegetables Bread Stick	4 Breakfast Cinnamon Roll Friday's Breakfast Surprise Lunch Assorted Pizza Boneless Buffalo Wings French Fries Dinner Beef Quesadilla Spanish Rice Refried Beans	5 Breakfast Waffle Snaps Lunch Bacon Lettuce & Tomato Sandwich Potato Wedges Dinner Saturday Night Weekly Special
6 Breakfast Cereal & Crackers Lunch Italian Combo Sub Seasoned Green Beans Dinner Popcorn Chicken Basket w/ French Fries Side Salad	7 <u>Labor Day</u> Breakfast French Toast Eggs & Sausage made on the unit Lunch End of Summer BBQ Blowout Hamburger/ Hotdog Bakes Beans Macaroni Salad Dessert Dinner Hoagies Packed out on the unit w/ all the fixins 2	8 Breakfast Biscuit w/ Sausage Gravy Bagel w/ Cream Cheese Lunch Beef Nachos BBQ Rib Sandwich Refried Beans Dinner Loaded Baked Potato Bar w/ Assorted Toppings	9 Breakfast Omelet w/ Toast Apple Roll Lunch Mini Corn Dogs Spaghetti w/ Meat sauce Seasoned Broccoli Dinner Country Fried Steak w/ Gravy & Mashed Potatoes Seasoned Corn	10 Breakfast String Cheese & Crackers Iced Donut w/ Sprinkles Lunch Cheeseburger Chicken Dumplings (Pot Stickers) w/ General Tso's Sauce w/ Fried Rice Glazed Carrots Dinner Loaded Burrito Served w/ Rice	11 Breakfast Cinnamon Roll Cheese Omelet w/ Toast Lunch Assorted Pizzas Chef Salad California Vegetables Dinner Philly Cheese Steak w/ Peppers & Onions Curley Fries	12 Breakfast Zee Zee Bar Lunch Toasted Club Sandwich Roasted Potatoes Dinner Saturday Night Weekly Special
13 Breakfast Cereal & Crackers Lunch Chicken Patty Sandwich Tater Tots Dinner Chicken Tenders Mashed Potatoes w/ Gravy Seasoned Peas	14 Breakfast Assorted Cereal & Bars Sausage Egg & Cheese Burrito Lunch Beef Nachos Cheeseburger Chicken Caesar Salad Refried Beans Dinner Grilled Chicken Sandwich Roasted Potatoes Zucchini	15 Breakfast Assorted Cereal & Bars Waffles & Sausage Lunch Popcorn Chicken w/ Rice Spaghetti w/ Meatsauce Ham & Cheese Hoagie Seasoned Carrots Dinner Sausage & Country Gravy Over Roasted Potatoes Biscuit	16 Breakfast Assorted Cereal & Bars Sausage & Cheese Muffin Lunch Corn Dog Nuggets Pepperoni Pizza Breaded Chicken Salad Seasoned Mixed Vegetable Dinner Grilled Pork Chop w/ Gravy Roasted Potatoes Roasted Vegetables	17 Breakfast Assorted Cereal & Bars French Toast & Sausage Lunch Chicken Patty Sandwich Yogurt Parfait Mac & Cheese w/ Toast French Fries Dinner Chicken Hot Pocket Seasoned Peas	18 Breakfast Assorted Cereal & Bars Omelet w/ Toast Lunch Popcorn Chicken Bowl Pizza Dunks Chef Salad Seasoned Corn Dinner Beer Battered Cod Coleslaw Oven Roasted Fries	19 Breakfast Assorted Pop Tarts w/ Crackers Lunch Dinner Saturday Night Weekly Special

20 Breakfast Cereal & Crackers Lunch Turkey & Cheese Sandwich Seasoned Peas Dinner Popcorn Chicken Bowl Mashed Potatoes & Buttered Corn	21 Breakfast Breakfast Pizza Benefit Bar Lunch Chicken Patty Sandwich Chef Salad Seasoned Green Beans Dinner Sausage Alfredo w/ Garlic Bread stick Roasted Vegetables 4	22 Breakfast Breakfast Sandwich Strawberry Pancake Puffs Lunch Mac & Cheese w/ Slice Bread Soft Tacos Seasoned Corn Dinner Tater Tot Casserole Seasoned Green Beans	23 Breakfast French Toast w/ Sausage Assorted Muffins Lunch Mini Corn Dogs Chicken Alfredo Seasoned Broccoli Dinner Chicken & Rice Casserole California Vegetables	24 Breakfast Scrambled Eggs w/ Toast Assorted Frudel Lunch Cheeseburger Beef & Broccoli Bowl w/ Rice Roasted Brussel Sprouts Dinner Buffalo Chicken Dip w/ Chips Corn Salad	25 Breakfast Cinnamon Roll Friday's Breakfast Surprise Lunch Assorted Pizzas Garlic Parm Chicken Wrap French Fries Dinner Pierogis Garden Salad Garlic Bread Stick	26 Breakfast Waffle Snaps Lunch Italian Combo Panini Roasted Potatoes Dinner Saturday Night Special
27 Breakfast Cereal & Crackers Lunch Ham & Cheese Sandwich California Vegetables Dinner Chicken Tenders & French Fries	28 Breakfast String Cheese & Crackers Benefit Bar Lunch Chicken Nuggets Pancakes w/ Sausage Tater Tots Dinner Pepperoni Pinwheel Seasoned Cauliflower 5	29 Breakfast Biscuit w/ Sausage Gravy Bagel w/ Cream Cheese Lunch PB&J Crustable Munchable Beef Nachos Refried Beans Dinner BBQ Chicken Roasted Potato Wedges	30 Breakfast Omelet w/ Toast Apple Roll Lunch Hotdog Cheese Tortellini w/ Alfredo Steamed Broccoli Dinner Chili Pot Pie W/ Fritos, Cheese and Onions Corn Bread	1 Breakfast Waffles & Sausage Iced Donut w/ Sprinkles Lunch Cheeseburger General Tso's Chicken w/ Fried Rice Green Beans Dinner Popcorn Chicken Salad Bread Stick	2 Breakfast Cinnamon Roll Breakfast Burrito Lunch Assorted Pizzas Boneless Buffalo Wings French Fries Dinner Meatloaf w/ Mashed Potatoes & Gravy	3 Breakfast Zee Zee Bar Lunch Grilled Cheese Tomato Soup Seasoned Peas Dinner Saturday Night Weekly Special



LABOR DAY

Breakfast Includes:
Whole Grain Entrée
Assorted Cereal
Assorted Fruit
100% Fruit Juice
Chilled Milk

Lunch Includes:
1 Entrée
1 cup of Fruit
1 cup of Vegetables
Chilled Milk

Milk Choices Daily:
Low Fat Chocolate
Whole White

Lunch Alternate:
PBJ

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