

Erie County Stay Fit Dining Program Ken Ton

STANDARD

September 2026



Monday	Tuesday	Wednesday	Thursday	Friday
August 31 Cheesy Chicken & Broccoli Pasta Carrots Roll Tropical Fruit (616)	1 Salisbury Steak with Low Sodium Onion Gravy Mashed Potatoes Mixed Vegetables Roll Apple Crisp (861)	2 Kielbasa & Chicken Potato Skillet California Mix Vegetables Peas Roll Peaches & Pears (639)	3 Meatballs with Tomato Sauce over Penne Pasta Country Cottage Mix Cauliflower Roll Ambrosia (752)	4 Labor Day Meal Hamburger with Baked Beans Red Potatoes Carrots Hamburger Roll Red, White & Blue Parfait (860)
7 Labor Day Holiday No Meals Served	8 Shepherd's Pie with Vegetables Broccoli Garlic Biscuit Peaches (677)	9 Buffalo Chicken Pasta Caribbean Blend Vegetables Chef Salad with Dressing Roll Warm Apples (685)	10 Seafood Macaroni & Cheese with Imitation Crab Bermuda Blend Vegetables Green Beans Mandarin Oranges (625)	11 Barbecue Ribette Diced Sweet Potatoes Warm Apples & Pineapple Roll Chocolate Parfait (841)
14 Baked Rigatoni with Italian Sausage & Tomato Sauce Cauliflower with Parsley Capri Vegetable Blend Blueberry Yogurt Parfait (668)	15 Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Broccoli Rice & Dinner Roll Berry Compote & Whip Topping (729)	16 Beef Pepper Steak Casserole Classic Mixed Vegetables Cauliflower Rice & Roll Tropical Fruit (597)	17 Hot Tortellini with Spinach, Tomato & Mozzarella Roasted Vegetables Country Cottage Mix Dinner Roll Fruit & Yogurt Parfait (735)	18 Polynesian Chicken Cauliflower Carrots Mixed Vegetables Rice Mixed Fruit (622)
21 Cheesy Barbecue Chicken with Onion & Bacon Country Cottage Mix Broccoli Rice Pilaf Roll Apricots (628)	22 Breaded Pork Chop with Low Sodium Gravy Lazy Pierogi California Mix Vegetables Roll Peach Cobbler (776)	23 Honey Glazed Chicken Sweet Potato Lima Bean Bake Roll Mandarin Oranges & Pineapple (634)	24 Beef & Cheese Frittata Roasted Red Potatoes with Green Peppers Hubbard Squash Roll Strawberries & Peaches (620)	25 Meatloaf with Low Sodium Gravy Mashed Potatoes Classic Mixed Vegetables Biscuit Strawberry Dream Parfait (831)
28 Homemade Goulash with Mozzarella Cheese Bermuda Blend Vegetables Carrots Italian Bread Yellow Cake with Chocolate Frosting (794)	29 Chicken Pot Pie Mashed Potatoes Peas and Pearl Onions Biscuit Berry Compote (805) **If you have a food allergy, please notify us.**	30 Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Roll Yogurt Parfait (602) Menu is subject to change.	October 1 Chicken Parmesan with Tomato Sauce & Mozzarella Bermuda Blend Vegetables Green Beans Pasta Roll Apple Cinnamon Pears (659)	2 Swedish Meatballs with Low Sodium Sauce Over Noodles Chef Salad with Dressing Cauliflower Roll Fruit Cocktail (864)

