



September 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Our Food May Contain
Peanut or Tree Nut
Products**

Menu Subject to Change

7



14

3oz Chicken Strips
2oz LS Country Gravy
1/2c LS Three Bean Salad
1/2c Herb Roasted Red Potatoes
1 Wheat Roll
1/2c Applesauce

21

Sloppy Joe
(1 Bun, 3oz Beef, 1/8c Sauce)
1/2c LS Potato Wedges
1c Broccoli & Cauliflower w
1 tsp Margarine
3/4c Apple Slices

28

Frito Pie
(1oz Chips, 3oz Beef, 2oz Sauce
1/2c Lettuce/Tomatoes, Onion
1/2c Pinto Beans)
1/2c Garden Salad/Dressing
1/2c Spiced Pears

1

1c Chile Relleno Casserole
1/2c Pinto Beans
1/3c LS Spanish Rice
1c Chateau Vegetables
3/4c Tossed Salad/Dressing
1 Pear

8

Spaghetti
(3oz Turkey, 1/2c Spaghetti,
3oz Marinara Sauce)
1c Italian Blend Veggies
3/4c Tossed Salad/Dressing
1 WW Roll 1 Orange

15

Beef Tacos
(2oz Beef, 2 Corn Tortillas,
1/2c Lettuce and Tomato)
1/2c LS Pinto Beans
1c Chateau Vegetables
1/2c Pears

22

3oz Pork Chops
1/4c Gravy
1/2c LS Brown Rice Pilaf
1c Chateau Vegetables
1c Applesauce

29

3oz LS Garlic Herb Chicken
2oz LS Gravy
1/2c LS Brown Rice Pilaf
1c California Vegetables
1/2c Tossed Salad/Dressing
1 Slice Frosted Lemon Cake

2

BBQ Pulled Pork on a Bun
(3oz Diced Pork,
1 TBSP Sauce, 1 WW Bun)
1/3c Herb Roasted Potatoes
3/4c Broccoli
1 Choc. Chip Cookie

9

Breakfast for Lunch
2 Scrambled Eggs
1/2c Hashbrowns, Salsa
1/2c Pepper & Onions
1 WW Toast 3/4c Yogurt
1 Brownie

16

3/4c Chicken Salad
(3oz Chicken,
1 Petite Croissant)
1/2c LS Carrot Raisin Salad
1/2c Beets
1 Banana

23

6 oz RC Beef Enchilada
Casserole
1/2c Pinto Beans
1c Cilantro Lime Slaw
1/2c Pineapple
1/2c FF Tapioca Pudding

30

Classic Hamburger
(3oz Beef, 1 Bun, Onion,
1/2c Lettuce, 2 Slices Tomato)
1/2c Gr. Beans/1/3c F. Fries
3/4 c Pineapple Chunks
1/2c FF Vanilla Pudding

3

3oz Baked Chicken
1/2c Cucumber/Tomato Salad
1/2c Carrots
1oz Cornbread/Margarine
1/3c Spiced Peaches
1 Slice SF Angel Food Cake

10

4oz BBQ Chicken
1 Tbsp BBQ Sauce
3/4c Green Beans
1/2c LS Potato Salad
1 Wheat Roll
1 Fresh Pear

17

2oz Kielbasa
1/2c Peppers and Onions
1/2c Red Cabbage
1 Wheat Roll
1/2c Mixed Fruit
1/2c Light Vanilla Yogurt

24

Chicken Stir Fry
1/2c Brown Rice
1 Vegetable Egg Roll
3/4c Mandarin Oranges
1 Fortune Cookie

Donations can be
mailed to:
Community Services Center
1100 Community Way
Portales, NM 88130

4

Chicken Adovada
(3oz diced chicken, 2oz red
Chile Sauce, 1 6 in flour tortilla)
1/2c LS Pinto Beans
1/2c Spinach, 1/4c Onions
1 Orange

11

1c RC Pork Posole
(3oz Pork, 1/2c Hominy,
1/4c RC 1 WW Tortilla)
1c Capri Blend Vegetables
1 Banana
1/2c FF Tapioca Pudding

18

1c Beef Stew
(3oz Beef, 1/2c Vegetables)
1/2c Garden Salad
2 Tbsp Light Ranch Dressing
1oz Cornbread
1 Orange

25

Bean & Cheese Burrito
(1/2c Pinto Beans, Cheese)
2 TBSP Pico De Gallo
1c Zucchini & Bell Peppers
1c FF Vanilla Yogurt
1c Strawberries & Bananas

Lunch is served
from 11:30am to 1:00pm
Milk, Coffee,
and Tea
are served daily.
Menu Subject to Change