

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
 HAPPY LABOR DAY	3 oz LS Baked Tilapia 1/3c LS Scalloped Potatoes 1c California Blend Vegetables 2 Tbsp Tartar Sauce 1 Wheat Roll 3/4c Jello/1/2c Peaches	4 oz Chicken Teriyaki Chicken (3 oz Chicken/1 oz Sauce) 1/2c Fried Rice 1c Asian Vegetables 1 Fortune Cookie 1c Pineapple	4 oz Salisbury Steak W Mushroom Gravy 3/4c Egg Noodles 3/4c Brussel Sprouts 1 Wheat Roll 3/4c Fruit Cocktail	1c GC Chicken Posole (1 oz GC/3 oz Chicken/ 1/2c Hominy) 1/2c Carrots 1 Flour Tortilla 1 Orange
8	9	10	11	12
3oz Roast Beef 1 Baked Potato/1 tsp Chives/ 2 Tbsp Salsa 1/2c Cucumber/Tomato Salad 1c California Vegetables 1 Wheat Roll/1c Tropical Fruit	3/4c Tuna Salad (3 oz Tuna/ 1/2c Lettuce-Tomato 2 sl. Wheat Bread) 1/2c Three Bean Salad 3/4c LS Tomato Soup 1 Orange	Frito Pie (3 oz Beef/1/2c P. Beans, 2 oz RC, 1 oz Corn Chips) 1/2c Lettuce-Tomato-Onions 1/2c Spinach/1/2c Calabacitas 1/2c Mixed Fruit	3/4c Chicken Parm 1/2 Spaghetti w/ 1/4c Marinara Sauce 1c Italian Vegetables 1c Grapes	3 oz Chicken Fried Steak 1/2c Mashed Potatoes 1/4c Gravy/1/2c Green Beans 3/4c Tossed Salad 1 Wheat Roll 3/4c Fruit Cocktail
15	16	17	18	19
BBQ Pulled Pork Sandwich (3 oz Pork, 1 oz BBQ Sauce 1 Wheat Bun) 1/3c Potato Salad 3/4c Spinach/3/4c Salad 1/2c Fruit Cocktail	Turkey & Cheese Wrap (1 Tortilla, 2 oz Turkey, 1 oz Cheese, 1/2c Lettuce, 2 Sl. Tomatoes)1c Cali. Veggies 1/2c Mixed Fruit 1/2c Yogurt	Chef Salad W/Chicken 1/2c Beets 1 Weat Roll 1 cup Mixed Vegetables 1 sl. Angel Food Cake	1 Tamale 1/3c Spanish Rice 1/2c Pinto Beans 1c Chateau Vegetables 1 Soppapila 1c Fruit Salad	6 oz GC Cheese Enchilada (2 Corn Tortillas,1oz Cheese, 2oz GC Sauce, 1oz GC 1/2c Pinto Beans) 1c Squash/Diced Tomatoes 1 Pear
22	23	24	25	26
8oz RC Pork Posole (3oz Pork, 1/2c Hominy,) 1c Zucchini/Diced Tomatoes 1 Flour Tortilla 1/2c Fruit Cocktail	3oz Baked Chicken 1/2c Brown Rice Pilaf 1c Winter Blend Vegetables 1c Tropical Fruit Salad	Green Chili Cheeseburger Lettuce/Tomato/Onion 1/2c Potato Wedges 3/4c Carrots 1/2c Pears	3 oz Chicken 1/4c Stuffing 1/4c Gravy 1/2c Brussel Sprouts 1c Mixed Greens/1 Wheat Roll 3/4c Mixed Fruit	1c MacaroniW/Marinara Sauce 1 1/2c Tossed Salad 1/2c Garbanzo Beans 3/4c Strawberry/Banana Compote
29	30			
4oz Sweet & Sour Chicken 1/2c Rice 1c Asian Vegetables 1 Fortune Cookie 1 Banana	1c Beef Chili 1/2c Carrots 1/2c Squash 1sl. Cornbread 1/2c Warm Apple Slices	Donations can be mailed to: Community Services Center 1100 Community Way Portales, NM 88130	Menu subject to change 	Lunch is served from 11:30am to 1:00pm Milk, Coffee, and Tea are served daily.