


September 2022

**4th Street Diner**

Linda Lough- (319) 472-4761

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>To sign up to receive an early copy of the menu please send an email to <a href="mailto:llough@hacap.org">llough@hacap.org</a> and write "Menu Request" in the Subject Line.</b></p>				<p><b>1</b> Stuffed Chicken Breast Party Potatoes Carrots Fresh Fruit Fruit Crisp Bread/Milk</p>	<p><b>2</b> Polish Sausage Bun Macaroni &amp; Cheese Sauerkraut Applesauce Dessert Bar Milk</p>
<p><b>4</b> Baked Ham Parslied Potatoes Green Beans Pineapple Cake Bread/Milk</p>	<p><b>5</b> </p>	<p><b>6</b> Crispy Pollack Oven Browned Potatoes Carrots Pears Lemon Pudding Bread/Milk</p>	<p><b>7</b> BBQ Riblette Bun Baked Beans Corn Fresh Fruit Cookie Milk</p>	<p><b>8</b> Turkey Noodle Casserole Beets Mixed Fruit Dessert Bar Milk</p>	<p><b>9</b> Dijon Meatballs Baked Potatoes Green Beans Peaches Sunshine Salad Bread/Milk</p>
<p><b>11</b> Chicken Strips Mashed Potatoes/Gravy Corn Pears Cake Bread/Milk</p>	<p><b>12</b> Roast Beef &amp; Cheese Deli Sanwich Tomato Spoon Salad Coleslaw Peaches Cookie Milk</p>	<p><b>13</b> Marinated Chicken Breast Sweet Potatoes Green Beans Pineapple Vanilla Pudding Bread/Milk</p>	<p><b>14</b> Spaghetti w/Meatball Garlic Bread Kidney Bean Salad Fresh Fruit Apple Oatmeal Bar Milk</p>	<p><b>15</b> Ham &amp; Beans Cornbread Carrots Applesauce Pie Milk</p>	<p><b>16</b> Salisbury Steak Mashed Potatoes/Gravy Green Beans Mixed Fruit Dessert Bar Bread/Milk</p>
<p><b>18</b> Roast Pork Mashed Potatoes/Gravy Spinach Peaches Cake Bread/Milk</p>	<p><b>19</b> Chicken Patty Bun Oven Browned Potatoes Coleslaw Fresh Fruit Fruit Crisp Milk</p>	<p><b>20</b> Scalloped Ham &amp; Potatoes Broccoli Mandarin Oranges Cookie Bread/Milk</p>	<p><b>21</b> Lasagna Garlic bread Corn Mixed Fruit Fruited Jello Milk</p>	<p><b>22</b> Mushroom Pork Chop Parslied Potatoes Carrots Applesauce Dessert Bar Bread/Milk</p>	<p><b>23</b> Meatloaf Mashed Potatoes/Gravy Peas Pears Bread Pudding Bread/Milk</p>
<p><b>25</b> Roast Turkey Mashed Potatoes/Gravy Carrots Mixed Fruit Cake Bread/Milk</p>	<p><b>26</b> Maidrite Bun Tri-Tator Broccoli Peaches Cookie Milk</p>	<p><b>27</b> Chicken A La King Biscuit Beets Pears Fruit Crisp Milk</p>	<p><b>28</b> Glazed Ham Balls Sweet Potatoes Cauliflower Applesauce Lime Delight Bread/Milk</p>	<p><b>29</b> Lemon Pepper Tilapia Seasoned Rice Carrots Mixed Fruit Dessert Bar Bread/Milk</p>	<p><b>30</b> Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk</p>

**All menu items are subject to change if it reduces food costs.**