

Gilpin

September 2019 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Happy Labor Day! Gilpin Dining Center Closed</p>	<p>2 Meatloaf with Brown Gravy Green Peas with Onions Mashed Potatoes Wheat Roll with Butter Tropical Fruit Oatmeal Raisin Cookie Skim Milk</p>	<p>3 Spaghetti with Meatballs and Marinara Sauce Italian Vegetables Tossed Vegetable Salad Garlic Bread Sliced Apricots Banana Pudding * Skim Milk</p>	<p>4 Ginger Orange Beef Brown Fried Rice Asian Vegetable Blend Wheat Bread with Butter Orange Almond Cookie Skim Milk</p>	<p>5 BBQ Pulled Pork on a Whole Wheat Bun Baked Beans Pasta Salad Fresh Melon Orange Juice Skim Milk</p>
<p>9 Tuna Noodle Casserole Mixed Vegetables Tossed Vegetable Salad Rye Bread with Butter Orange Skim Milk</p>	<p>10 Chef Salad Wheat Roll with Butter Cottage Cheese with Pineapple Walnuts Apple Skim Milk</p>	<p>11 Kielbasa Sausage Parsley Buttered New Potatoes Cabbage and Carrots Spinach Salad with Egg Rye Bread with Butter Banana Skim Milk</p>	<p>12 Chicken Cacciatore Garlic Rosemary Potatoes Seasoned Green Beans Whole Wheat Bread with Butter Pineapple Chunks & Mandarin Oranges * Skim Milk</p>	<p>13 Eggplant Parmesan Buttered Cauliflower Seasoned Spinach Tossed Vegetable Salad Sourdough Bread with Butter Banana Skim Milk</p>
<p>16 Beef Roast with Gravy Mashed Potatoes Seasoned Green Beans Tossed Vegetable Salad Wheat Roll with Butter Fruit Cocktail Brownie * Skim Milk</p>	<p>17 BBQ Chicken Breast Baked Beans Carrot Raisin Salad Tossed Vegetable Salad Wheat Roll with Butter Orange Juice Skim Milk</p>	<p>18 Chicken Ceasar Salad Wheat Bread with Butter Orange Walnuts Skim Milk</p>	<p>19 Vegetable Stir Fry with Hawaiian Shrimp Steamed Brown Rice Tossed Vegetable Salad Wheat Roll with Butter Pineapple Tidbits Walnuts * Skim Milk</p>	<p>20 Beef Stuffed Peppers Seasoned Spinach Sourdough Bread with Butter Banana Cookie Fig Bar Cranberry Juice Skim Milk</p>
<p>23 Beef Soft Taco w/ tomato, cheese, Salsa Spanish Rice Pinto Beans Zucchini and Tomatoes Tropical Fruit Skim Milk</p>	<p>24 Broccoli Cheese Soup with Wheat Crackers Chicken Salad and Tomatoes Rye Bread with Butter Apple Oatmeal Raisin Cookie Skim Milk</p>	<p>25 Honey BBQ Chicken Baked Sweet Potato Classic Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fruit Cocktail Skim Milk</p>	<p>26 Cream of Potato Soup Tuna Salad on Whole Wheat Wrap Lettuce, Tomato Orange Skim Milk</p>	<p>27 Grilled Salmon Brown Rice Pilaf California Mixed Vegetables Tossed Vegetable Salad Wheat Roll with Butter Apple Skim Milk</p>
<p>30 Jambalaya Steamed Brown Rice Mixed Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fresh Fruit Cup Skim Milk</p>				

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Happy Labor Day! Gilpin Dining Center Closed		Calories	1093	Calories	797	Calories	928	Calories	777
		Fat	43g	Fat	13.5g	Fat	50g	Fat	22g
		Saturated Fat	14g	Saturated Fat	5g	Saturated Fat	7g	Saturated Fat	6g
		Protein	54g	Protein	47g	Protein	36g	Protein	36g
		Carbohydrates	126g	Carbohydrates	126g	Carbohydrates	85g	Carbohydrates	112g
		Fiber	11.8g	Fiber	13g	Fiber	9.5g	Fiber	12g
		Sodium	651mg	Sodium	750mg	Sodium	973mg	Sodium	976mg
9		10		11		12		13	
Calories	745	Calories	815	Calories	643	Calories	711	Calories	656
Fat	25g	Fat	38g	Fat	26g	Fat	21g	Fat	23g
Saturated Fat	6g	Saturated Fat	11g	Saturated Fat	8g	Saturated Fat	4g	Saturated Fat	8g
Protein	40g	Protein	47g	Protein	24g	Protein	45g	Protein	28g
Carbohydrates	93g	Carbohydrates	79g	Carbohydrates	82g	Carbohydrates	86g	Carbohydrates	89g
Fiber	11g	Fiber	12.5g	Fiber	9.5g	Fiber	11.5g	Fiber	13.5g
Sodium	1165mg	Sodium	1102mg	Sodium	1061mg	Sodium	716mg	Sodium	978mg
16		17		18		19		20	
Calories	1149	Calories	797	Calories	751	Calories	781	Calories	841
Fat	43g	Fat	16.5g	Fat	34.5g	Fat	34g	Fat	20g
Saturated Fat	14g	Saturated Fat	5g	Saturated Fat	11g	Saturated Fat	6g	Saturated Fat	7g
Protein	68g	Protein	60g	Protein	50g	Protein	42.5g	Protein	27g
Carbohydrates	127g	Carbohydrates	102g	Carbohydrates	65g	Carbohydrates	79g	Carbohydrates	148g
Fiber	12g	Fiber	16.7g	Fiber	10.5g	Fiber	9.5g	Fiber	11.6g
Sodium	602mg	Sodium	1007mg	Sodium	598mg	Sodium	1199mg	Sodium	518mg
23		24		25		26		27	
Calories	782	Calories	866	Calories	729	Calories	606	Calories	714
Fat	18g	Fat	30g	Fat	17g	Fat	12g	Fat	30g
Saturated Fat	7g	Saturated Fat	10.5g	Saturated Fat	6g	Saturated Fat	4g	Saturated Fat	9g
Protein	39g	Protein	48g	Protein	34g	Protein	40g	Protein	44g
Carbohydrates	119g	Carbohydrates	105g	Carbohydrates	117g	Carbohydrates	96g	Carbohydrates	72g
Fiber	16g	Fiber	9.6g	Fiber	11.5g	Fiber	9.8g	Fiber	13g
Sodium	1075mg	Sodium	920mg	Sodium	686mg	Sodium	780mg	Sodium	475mg
30									
Calories	877								
Fat	32g								
Saturated Fat	11g								
Protein	53g								
Carbohydrates	98g								
Fiber	11.6g								
Sodium	948mg								