



Erie County Stay Fit Dining Program Menu



SEPTEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday
31 Cheese Omelet with Creole Sauce Potatoes O'Brien Green Beans Raisin Bread Pineapple Tidbits (585) 	1 Breaded Chicken Cutlet with Buffalo-Style Sauce on a Bun Tater Tots Cheesy Broccoli Chocolate Pudding (815) 	2 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Lorna Doones (673) 	3 Ground Beef Taco with Cheddar Cheese & Taco Sauce on a Flour Tortilla Spanish Rice Fiesta Corn Tropical Fruit Chocolate Milk (771) 	4 Labor Day Lunch Breaded Chicken Drumsticks Ranch Mashed Potatoes Sweet Peas Chef Salad with Dressing Wheat Dinner Roll Banana Cream Pie (1119)  
7 No Meals Served  	8 Cheese Tortellini with Tomato Meat Sauce & Mozzarella Mixed Vegetables Grape Juice Italian Bread Lorna Doones (774) 	9 Meatballs with Sweet Chili Sauce over Rice Broccoli Florets Carrots Strawberry Gelatin (613) 	10 Tender Pork Loin with Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Applesauce Chocolate Milk (634)  	11 Beer Battered Fish with Tartar Sauce Coleslaw Cheesy Broccoli & Rice Zucchini & Tomatoes Wheat Dinner Roll Pineapple Tidbits (756) 
14 Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Carrots Tropical Fruit (766) 	15 Entrée Salad Chicken Caesar Salad on a Bed of Fresh Salad Greens Wheat Dinner Roll Chocolate-covered Ice Cream Bar (871) 	16 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Green Beans Fresh Orange Chocolate Milk (616) 	17 Savory Beef Bourguignon Mashed Potatoes Corn Dinner Roll Sugar Cookies (761)  	18 Stuffed Shells with Tomato Meat Sauce & Mozzarella Broccoli Florets Fruit Punch Chef Salad with Dressing Italian Bread Lemon Ice (908) 
21 Chili con Carne with Cheddar Cheese Carrots Apple Juice Corn Muffin Pineapple Tidbits (794) 	22 Welcome Fall Chicken Cordon Bleu with Creamy Herb Sauce Sweet Potatoes Brussels Sprouts Multigrain Bread Apple Pie with Whipped Topping (1011) 	23 Polynesian Pork over Rice Broccoli Florets Fruit Punch Applesauce (605) 	24 Chicken Breast with Marsala Sauce Scalloped Potatoes Mixed Vegetables Dinner Roll Fresh Orange Chocolate Milk (810)  	25 Steakhouse Burger with Onion Gravy on a Bun Ranch Mashed Potatoes Green Beans Chocolate Chip Cookies (849) 
28 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Cauliflower Sweet Peas Dinner Roll Chocolate Brownie (755) 	29 Grilled Chicken with Taco-Seasoned Peppers, Onions & Tomatoes & Cheddar Cheese Spanish Rice Fiesta Corn Orange Juice Strawberry Gelatin (609) 	30 Soup & Salad Hearty Chicken Soup with Ditalini Noodles Peas Chef Salad with Dressing Tropical Fruit Chocolate Milk (634) 	1 Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Carrots Chef Salad with Dressing Italian Bread Fresh Orange (763) 	2 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Pineapple Tidbits (749) 

**If you have a food allergy, please notify us.*