

# September 2019

Sunday	Monday	United States Tuesday	Wildflower Wednesday	North America Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Labor Day	Pancakes, Bacon and Eggs	Buttery Noodles, Grilled Vegetables and Salad	Mexican Mole Tacos, Beans and Rice	Cheeseburgers, Potatoes and Fruit Salad	
8	9	10	11	12	13	14
	Beef and Broccoli Stir Fry with Rice	South: Grilled Chicken and Waffles with Salad	Veggie Burritos, Rice and Salad	Cuban Medianoche Sandwiches and Bean Salad	Chicken Noodle Soup, Bread and Salad	
15	16	17	18	19	20	21
		Midwest: Sausage, Potato and Cabbage Bake with Salad	Mac and Cheese, Grilled Vegetables and Salad	Jamaican Jerk Chicken, Red "Peas" and Rice	Equinox Feast: Roast Squash Soup, Grilled Zucchini and Cornbread	
22	23	24	25	26	27	28
		Northwest: Grilled Salmon, Vegetable and Bread	Quesadillas, Beans and Rice		Pizza and Fruit Salad	
29	30	1	2	3	4	5