







KCAASD Senior Nutrition Program
Reservations/Cancellations 661-742-2109

KRV SC Menu - September 2024
6405 Lake Isabella Blvd.

Print 200		Menus are subject to change without prior notice		
Monday	Tuesday	Wednesday	Thursday	Friday
2 No Meal Today LABOR DAY 	3 Chicken Cordon Bleu Capri Veggies** Wheat Roll <u>Mandarin Oranges</u> Milk	4 Chef Salad Carrot Sticks** <u>Fruit Mix</u> Crackers Blueberry Muffin Milk	5 Chicken & White Bean Chili Green Beans** Peaches Cornbread <u>Juice</u> Milk	6 Creamy Chicken & Vegetable Linguini <u>Yellow Squash</u> Cranberry Kale Salad** Sourdough Roll <u>Juice/Milk</u>
9 Cheese Ravioli Spinach** <u>Fresh Fruit</u> Garlic Bread <u>Juice</u> Milk	10 Tilapia Florentine <u>Confetti Coleslaw</u> Couscous Fruit Cocktail Wheat Roll Milk	11 Chicken Pasta Primavera Broccoli** <u>Cottage Cheese w/ Pineapple</u> Bread Stick Milk	12 Taco Salad** <u>Cantaloupe</u> Granola Bar Juice Milk	13 Ham & Lima Beans Brown Rice Broccoli Salad** <u>Diced Pears</u> Biscuit Milk 
16 Chicken Fajitas Chuckwagon Corn Spanish Rice <u>Apple Slices</u> Caramel Corn Rice Cakes Milk 	17 John Wayne Casserole Green Beans** White Rice <u>Mandarin & Grapes Mix</u> Milk	18 Ham w/ Orange Glaze Mixed Vegetables Green Salad <u>Fruit Yogurt</u> Wheat Roll Milk 	19 Turkey & Rice Casserole Winter Blend** <u>Carrot Pineapple Salad</u> Biscuit Milk	20 Mediterranean Chicken Breast Sweet Potatoes** <u>Watermelon & Cucumber Salad**</u> Wheat Roll Milk
23 BBQ Pork Rib Patty Green Peas** Scalloped Potatoes <u>Applesauce</u> Wheat Roll Milk	24 Cheesy Chicken & Vegetables** Green Salad <u>Diced Pears</u> Biscuit Milk	25 Beef Tamale Corn Spinach Salad** Churro Juice Milk	26 Chicken Cacciatore White Rice <u>Spiced Apricots</u> Wheat Roll Milk	27 Egg Salad <u>Carrot Raisin Salad**</u> <u>Apple Cranberry</u> <u>Coleslaw</u> Croissant Milk
30 Crab Cakes Zucchini w/ Tomatoes** <u>Fruit Yogurt</u> Wheat Roll Milk	October 1 Sour Crème & Mushroom Chicken Brussel Sprouts** Brown Rice <u>Fruit Gelatin</u> Biscuit Milk 	October 2 Lasagna w/ Meat Sauce Glazed Carrots** <u>Honeydew Melon</u> Garlic Bread Milk	October 3 Deli Sandwich Tomato & Cucumber Salad** Ambrosia Salad <u>Juice</u> Milk 	DONATIONS: Please make Check or Money Order payable to KCAASD Thank you

Note: ** items are a rich source of Vitamin A
 Underlined items meet 1/3 of the DRI's for Vitamin C
 Suggested Donation Age 60+ - \$3.00; Non-seniors meal cost - \$6.00
 Seniors will not be denied service due to inability to make a donation
 = More than 1000 mg Sodium

