



Selfhelp Maspeth OAC, 6961 Grand Avenue, Maspeth NY 11378, (718)429-3636

BREAKFAST MENU September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Farina Vegetarian Western Omelette Whole Wheat Bagel Orange 1% Low Fat Milk Reduced Fat Cream Cheese (1 oz)	2 Apple Pie Oatmeal Cheese Frittata Canned Peaches 1% Low Fat Milk Ketchup (9g packet)	3 Cottage Cheese (1/2 cup) Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Margarine Pancake Syrup	4 Cheerios Egg Whites Non-Fat Peach Greek Yogurt (5.3oz) Banana 1% Low Fat Milk Ketchup (9g packet)
7 Labor Day Center Closed	8 Cheddar and Potato Bake Raisin Bran Cereal Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp)	9 Cheese Omelet (pre prepared) Cottage Cheese (1/2 cup) Grits (1 cup) Orange 1% Low Fat Milk Margarine	10 Cheerios Egg Whites Plain Mini Bagel Canned Pears 1% Low Fat Milk Ketchup (9g packet) Reduced Fat Cream Cheese (1 oz)	11 Bran Flakes Cereal Coconut Banana Whole Wheat French Toast Hard Boiled Egg Canned Mandarin Oranges 1% Low Fat Milk Pancake Syrup
14 Egg and Broccoli Scramble English Muffin, Whole Wheat Home Fries Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Margarine	15 Grits (1 cup) Spinach and Mozzarella Frittata Apple 1% Low Fat Milk Ketchup (1 Tbsp)	16 Bran Flakes Cereal Cinnamon Whole Wheat French Toast Hard Boiled Egg Orange 1% Low Fat Milk Pancake Syrup	17 Apple Pie Oatmeal Raisin Bread Scrambled Eggs Fruit Salad 1% Low Fat Milk Margarine Reduced Fat Cream Cheese (1 oz)	18 Cheddar and Potato Bake Farina Non-Fat Peach Greek Yogurt (5.3oz) Orange 1% Low Fat Milk Margarine
21 Baked Egg Omelette Raisin Bread Wheat Flake Cereal Yogart Parfait with Blueberries 1% Low Fat Milk Ketchup (9g packet) Peanut Butter (0.75oz)	22 Oatmeal (1 cup) Potato Spinach Frittata Fruit Salad 1% Low Fat Milk Ketchup (9g packet)	23 Cinnamon Challah Grits (1 cup) Scrambled Eggs with Swiss Apple 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup	24 Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk Ketchup (1 Tbsp)	25 Apple Cinnamon Cheerios Pancakes (pre-prepared) Feta Individual Banana 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup
28 Cottage Cheese (1/2 cup) Oatmeal Scrambled Eggs Orange 1% Low Fat Milk Margarine Ketchup (9g packet)	29 Cheerios Egg Frittata with Potatoes and Peas Raisin Bread Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet) Margarine Reduced Fat Cream Cheese (1 oz)	30 Apple Pie Oatmeal Grits (1 cup) Whole Wheat Grilled Cheese Hard Boiled Egg Canned Pears 1% Low Fat Milk Pancake Syrup		



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LUNCH MENU September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salmon and Lentils Whole Wheat Dinner Roll Coleslaw Zucchini Provencal Applesauce 1% Low Fat Milk	2 California Veggie Burger (pre-prepared, Hearty Summer Minestrone Soup Whole Wheat Hamburger Bun Steamed Cauliflower Cantaloupe 1% Low Fat Milk Cheese Blintzes (2) (pre-prepared)	3 Homemade Turkey Salad Multigrain Bread Creamy Corn and Pepper Salad Sliced Tomatoes Orange 1% Low Fat Mil	4 Breaded Fish Fillet (pre-prepared) Yellow Rice Sauteed Spinach Banana 1% Low Fat Milk
7 Labor Day Center Closed	8 Tuscan Style Tuna Salad with Chickpeas Multigrain Bread Coleslaw Sliced Tomatoes Fruit Salad 1% Low Fat Milk	9 Classic Lentil Soup (pre-prepared) California Veggie Burger OR Grilled Grilled Mozzarella Cheese Sandwich Steamed Broccoli Orange 1% Low Fat Milk	10 Baked Chicken Quarters Whole Grain Cornbread Loaf (pre- prepared) Garlic Mashed Potatoes Sauteed Spinach Canned Sliced Peaches 1% Low Fat Milk	11 Whole Wheat English Muffin Pizzas Mixed Green Salad with Chickpeas & Dressing Sauteed Zucchini (1 svg) Banana 1% Low Fat Milk
14 1% Low Fat Milk Pork Tenderloin Multigrain Bread Baked Potato Sauteed Broccoli Apple	15 Sweet & Sour Beef Meatballs Whole Wheat Hamburger Bun Steamed Carrots Green Beans Yams Applesauce1% Low Fat Milk)	16 Southern Styled Baked Navy Beans Brown Rice OR Spinach & Cheese Ravioli Whole Wheat Bread California Blend Vegetables Sweet Baked Yams Orange 1% Low Fat Milk	17 PARTY DAY Chicken Parmigiana Italian Bread Spaghetti with Garlic & Oil Broccoli Florets Fresh Plum 1% Low Fat Milk Chocolate Pudding	18 Baked Flounder Baked Potato Wedges Sauteed Spinach Banana 1% Low Fat Milk Whole Wheat Tuna Salad Sandwich (1 sandwich)
21 BBQ Chicken Legs Yellow Rice Creamed Spinach Applesauce 1% Low Fat Milk	22 Mushroom & Lentil Stroganoff) & Egg Noodles OR Whole Wheat American Cheese Sandwich Corn Bread Baby Carrots and Parsley (1 svg) Canned Pears (1 svg) 1% Low Fat Milk	23 Beef Hamburger with Onions Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Mixed Green Salad with Chickpeas and Dressing Orange 1% Low Fat Milk	24 Gravy Italian Style Pork Loin Whole Wheat Bread Steamed Cauliflower Sweet Baked Yams Orange1% Low Fat Milk	25 Fish Sticks Cheese Tortellini (pre-prepared) Multigrain Bread Normandy Blend Vegetables Coleslaw Banan 1% Low Fat Milk
28 Baked Chicken Quarters Lima Bean Succotash Smashed Red Potato Cornbread Orange 1% Low Fat Milk	29 Beef Salisbury Steak with Mushroom Sauce Multigrain Bread Homemade Mashed Potatoes Prince Edward Blend Vegetables Apple Sauce 1% Low Fat Milk	30 Baked Pork Baked Yams Whole Wheat Bread Cauliflower Canned Sliced Peaches 1% Low Fat Milk		