

# VET\*COM

TAKE A PEEK AT WHAT'S HAPPENING HERE AT THE BLUE GOOSE

### GEORGIA WAR VETERANS NURSING HOME

### September 2024

### FEATURING

| Donations & Contributions Pgs. 4 - 5 | 5 |
|--------------------------------------|---|
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| Puzzles                              | 5 |
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### **GEORGIA WAR** WOULD LIKE TO WISH YOU A MONTH FILLED WITH LOVE, PEACE, AND JOY.

### WELCOME

Thomas Hubbard Donald Cole Edward Elliott James Lomax Lisa Alley

### Pinnacle Honorable Mentions August 2024

Dr. Richard Sams Shirley McNair Kalilah Jones Constance Jones Candace Schumann 2nd Floor Staff Yolanda Rhyne 3rd Floor Staff <u>Katherine Williams-Washington</u>

Birthstone: Sapphire Birth Flowers: Asters and Morning Glory Dates to Remember: September 2: Labor Day September 8 -14: National Healthcare Environmental Services Week September 11: Patriot & Grandparents Day September 15 - 21: National Security Office Appreciation Week September 17: Constitution Day September 21: International Day of Peace September 26: Johnny Appleseed Day

### **September's Moon Phases**

New Moon: September 3rd

First Quarter: September 11th

Full Moon: September 18th

Last Quarter: September 24th

### **INFECTION PREVENTION UPDATE**

### The Fall Virus Season is Approaching

As the fall season approaches, we must also welcome back those awful respiratory illnesses: The Flu, COVID-19, and RSV. The confluence of influenza, COVID-19, and respiratory syncytial virus (RSV), has many of us once again wary of what the upcoming respiratory virus season may bring. The spread of these respiratory viruses across the country means that long-term care communities must get prepared if they enter and spread through their facility. Georgia War Veterans Nursing Home believes that if we get prepared now for what this respiratory season may bring, we may avoid large outbreaks or widespread transmission within our facility. Our goal is to protect our residents, families, staff, and community. We are committed to following the guidance of the CDC to meet this goal. The guidelines describe implementation steps to help limit the spread of infection when a staff member or resident develops COVID-19 or any respiratory illness in our facility. Its guidance also offers the necessary steps to protect our families and other visitors from getting sick. Please note the following:

- 1. Masks are strongly recommended for all staff and visitors.
- 2. Practice social distancing when appropriate.
- 3. Please wash/sanitize your hands frequently.
- 4. If you are sick, please re-plan your visit when you are feeling better.
- 5. If you are an employee, and you are sick, please stay home and contact your supervisor.

Typical flu season usually starts in September or October with a peak between December and February; however, please be aware that we are already seeing an uptick of COVID-19 cases in the community. Once an individual has been infected with the virus, viral shedding begins within 24 to 48 hours, and it usually takes about 24 hours before symptoms begin. These can include fever or feeling feverish; a stuffy or runny nose; cough; muscle and body aches; head-ache; fatigue; and vomiting and diarrhea, which are more typical in children than in adults. Influenza can range from asymptomatic to severe illness. Symptoms of COVID-19 and RSV can be similar but take longer after exposure to manifest, usually between 2 and 14 days, but typically by day 5. People infected with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness.

To protect yourself and your family, stay up to date with your immunizations (Flu, COVID, RSV, and Pneumococcal Pneumonia). For more information, visit www.CDC.com or visit your local health department.

### DONATIONS AND CONTRIBUTIONS

The following individuals/organizations contributed their time and or services to GWVNH:

American Legion Department of Georgia

American Legion Riders

American Legion Post 192 Auxiliary

American Legion Post 205 Auxiliary

Augusta Museum of Art

Chaplain Larry Jesion

Combat Vets Motorcycle Club

Disabled American Veterans

Disabled American Veterans of Georgia

Delta Gems

Elks Lodge 205

**Evans VFW** 

Little Debbie Cakes & Body Wash

**BINGO** Prizes and Assistance

Social, Body Wash, Razors, and Snack Cakes

Pizza Social

Craft Kits

**Church Service** 

BINGO and Candy

Ice Cream Social and Candy

Annual Cookout

**BINGO** Assistance

Watermelon Social

Birthday Party, Blankets, and Cupcakes

### DONATIONS AND CONTRIBUTIONS

The following individuals/organizations contributed their time and or services to GWVNH:

Faith Baptist Church

Sunday Church Service

Live Music

Mackey House Music

PenFed

Late Night BINGO and support

**Project Lifting Spirits** 

Late Night Movie Events and Comfort Items

The following individuals/organizations made contributions to our Resident Benefit Fund:

Stuart Bloom

# THANK YOU?



### WARRIOR OF THE MONTH



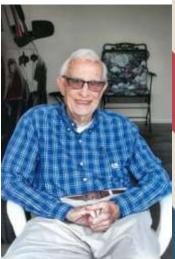
This month, I have the absolute pleasure of introducing the walking embodiment of gratitude. September 2024 Warrior of the Month is none other than Mr. George N. Clarke II. Even as a man of faith, he attributes only a small portion of his good fortune to religion. Mr. Clarke also has a strong belief in a sort of karmic balance. "The love, time, and energy you put out into the world will grow and come back to you. It's true; I have seen it time and time again. My whole life has been magic."

George, as he likes to be called, was born to parents ahead of their time. Mr. George Clarke Sr. and Mrs. Norma Zeigler wanted to make the world a better place with open minded ideas and words of wisdom that could have been interpreted differently for the time. What could this wisdom be, you might ask? Well, it's simple: "Treat everyone, no matter their color, no matter their wealth, no matter their education, just as you would want to be treated. The moment you short someone because of their appearance or means you cheat yourself." George believes that by living with this resolute belief as the pilar to his life, the world opened up an unimaginable number of opportunities to him.

For example, the one-only time George had alcohol turned into an incredible adventure. What started as a dinner out with friends turned into a total blur. The next morning, imagine George's surprise to have woken up in an ARMY barracks with no recollection of how he got there. Then double that surprise when his friend walked in and explained that he was in fact in the ARMY. His dear friend Brixler handed George a handgun and said, "You start on Monday." George, up to this point, had never held a gun. Teasingly, Brixler told him to pull the trigger. George did just that, and as the pistol recoiled high above his head, he decided that just wasn't for him. With much amusement, George shared, "Make sure to tell them that I did not drop the pistol, so that's still pretty good. If those barracks are still standing, there is an odd bullet somewhere in it." After that moment, George never had to hold a gun again. By his own description, the world decided to provide him with a position processing German POWs, and he never had to harm anyone: "...in my heart, I just could not have hurt anyone; I just don't have that in me." The good he put out into the world had touched his life, but it was not finished yet.

This "magic" was also what led him to "the most incredible girl I had ever met." Their courtship was short, but it was undeniably love at first sight. "Jean was an angel." Her family welcomed him and shared in his joys and achievements with the same pride as if he were their own son. This expansion of pure love and unconditional support carried the young couple through 66 years of blissful marriage. They welcomed two sons and years of joy and excitement. Family is clearly a defining factor in George's life. The unstoppable tears of pride came and went throughout our conversation about his family. Even when describing the loss of "his girl" and his first son, George Jr., he expressed gratitude. "Every moment meant something, and I was there to share it with them. That's part of the magic." The magic in the world even saw fit for George to find love again in Joy Fox. Although separated by space, love letters continue to pass between the two like star-crossed lovers.

As a closing question, I ask George, "What parting advice would you leave for the youth of today?" After a brief pause, he stated, "Honesty. Yes, always be honest and transparent. With family, friends, strangers, and colleges, be honest and transparent. People will not trust you if you do not truly trust them. You cannot lead without trust and respect for and from the people around you." This advice helped him work successfully as a publisher for The Daily Citizen News in Dalton, Georgia, and in raising his family. As his family continues to grow and thrive, he wants them to remember his legacy as being built by "magic" and sustained by "honesty." Congratulations, George, on being our Honest September Warrior of the Month!



Heather Nichols, Activities Director

### CENTENNIAL BIRTHDAY BASH









7





### CENTENNIAL BIRTHDAY BASH



### CENTENNIAL BIRTHDAY BASH



















10

















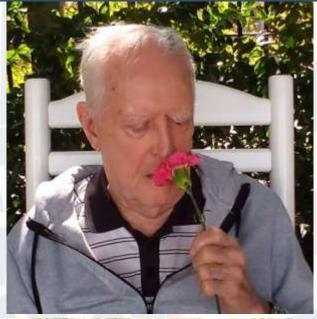


### PINE NEEDLE GARDEN CLUB













### PINE NEEDLE GARDEN CLUB















### PINE NEEDLE GARDEN CLUB









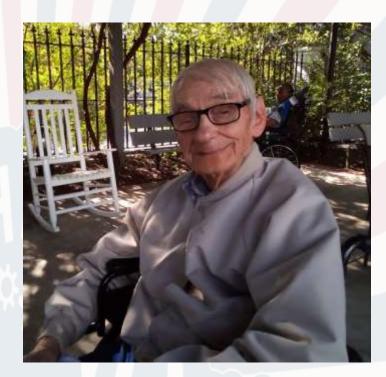


### FUN AT THE BLUE GOOSE











### FUN AT THE BLUE GOOSE















### RIDDLE ME THIS SOLUTIONS ON PG. 32

- 1. I come in waves. I go with cheers in early September, almost every year. Celebrate me with a day off; what am I—full of joy and scoff?
- 2. I am three, but feel like more; I offer rest to the working core. At summer's end, I'm a brief delight; What am I—that's not too tight?
- 3. I crackle and pop, but I'm not a box. With me, you cook your Labor Day stocks. Burgers and dogs, I make them feast-ready. What am I—always hot and steady?

### WORD SCRAMBLE SOLUTIONS ON PG. 32

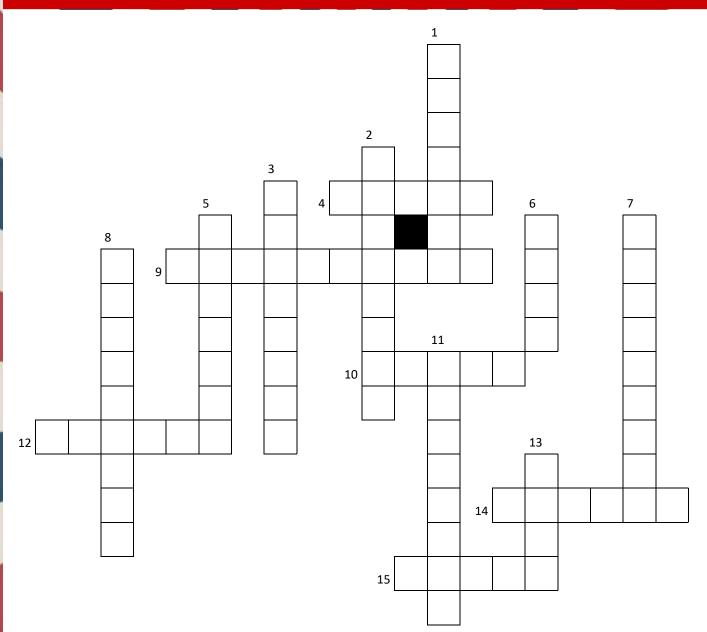
### Labor Day Word Scramble

### Word Bank

Conditions Labor Union Monday Factory Wages Worker Holiday September 1. wrreok 2. innou 3. tfryaco 4. myodna 5. Ibrao 6. ioyhlda 7. preeesmrb 8. ocndtiisno 9. sgwae

### **CROSSWORD PUZZLE**

**SOLUTIONS ON PG. 33** 



### Across

- 4. Another word for work.
- 9. To help.
- 10. An act of joining
- 12. People you are related to.
- 14. Someone that gets paid to work. Halloween
- 15. I miss summer \_ \_ \_ \_ \_.

### Down

- 1. A get together where you cook.
- 2. Grilled food is called
- 3. The Anthem.
- 5. Christmas, Easter, 4th of July,
- 6. To sit still or sleep.
- 7. To be excited.
- 8. The 9th month of the year.
- 11. My mom is in the hair
- 13. Something you do for money.

### Word Bank

Celebrate Work Holiday National Family Industry Union Break Worker Barbeque Contribute Rest September Cookout Labor

Wordsearch **SOLUTIONS ON PG. 34** 

### Labor Day

FHZ Ι C E F B R F A F Ι A т L E F Т W A F P S N N T н T A Y V R Т J B S A E E A U Т E N 0 M н V J CD XCCO A A D S Y P N 0 G X Н KWV C N Ι C Т E Т R 1 F W 0 I 0 Q E E 0 M Y Н Μ M D X P 0 A X X S U R J ] P R F I 0 Μ ] н W Α D N 1 R Ι N W K E S N F S B S н ] 0 R Ζ W S U E В E V F D E I F т X D G N 7 G R 0 U F YA R D N G R U V P S G Α D A M Y U N A Ι н C A C W E C 7 7 N A M D V Т R G R R V A Ι R N Ι L 0 Т Q W R P B 0 L Q A U Ζ E C W G N В X X Т K S R F 0 Y P S A Ι B F G B Т U Н В S S F Т 0 Μ S S U F M F A F 1 M G K S M 1 т ZOKKFKP RLTR RFYZE Α

Labor Union September Labor Day Parades

Peter Maguire Achievements First Monday Celebrate Workers

Americans Congress Honor

21

### SCAVENGER HUNT SOLUTIONS ON PG. 35



These (5) items below are hidden throughout the September's issue of the VetCom













PG. \_\_\_\_\_

PG. PG.

PG. \_\_\_\_\_

PG.

### SUDOKU PUZZLE SOLUTIONS ON PG. 35

| 3 | 8 |   | 9 |   | 2 |   | 5 |
|---|---|---|---|---|---|---|---|
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|   | 6 |   | 3 |   | 9 | 8 |   |
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| 9 | 1 |   | 5 | 7 |   | 2 | 3 |
| 7 |   | 3 | 1 |   |   |   |   |
|   | 3 | 5 |   | 1 |   | 9 |   |
|   | 7 | 4 | 6 |   |   |   |   |
| 8 |   | 1 |   | 2 |   | 6 | 7 |

| 6      |   |   |   |   | 9 |   |   | 4 |
|--------|---|---|---|---|---|---|---|---|
|        | 8 | 9 | 5 |   |   |   | 1 | 6 |
| 5      |   |   |   | 6 |   | 3 |   | 9 |
| 8      | 3 | 1 |   |   |   | 7 |   | 5 |
|        | 2 |   |   |   |   |   | 6 |   |
| 9      |   | 7 |   |   |   | 8 | 4 | 2 |
| 9<br>2 |   | 6 |   | 1 |   |   |   | 8 |
| 3      | 7 |   |   |   | 6 | 9 | 2 |   |
| 1      |   |   | 3 |   |   |   |   | 7 |

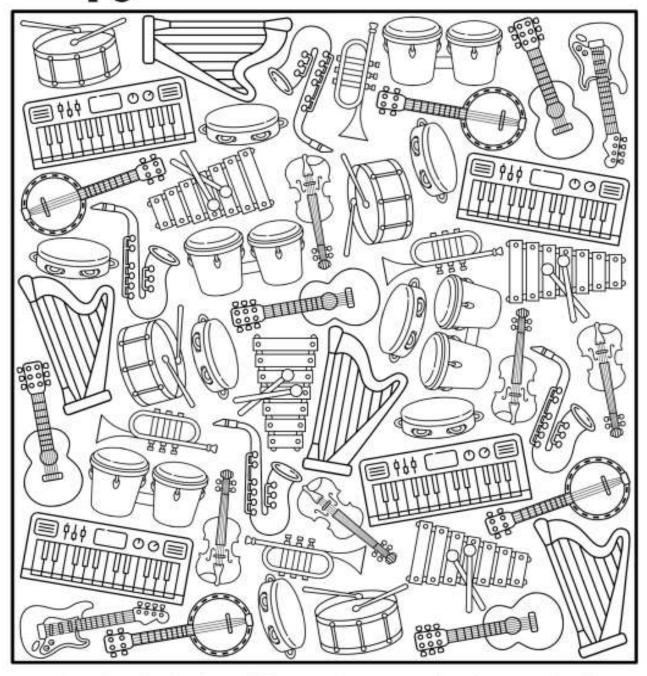
PUZZLE 1

PUZZLE 2

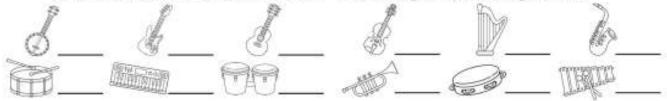
# HIDDEN FIGURES PUZZLE

### SOLUTIONS ON PG. 36

### **I Spy Musical Instruments**



Search and color these 12 items - How many of each can you find?

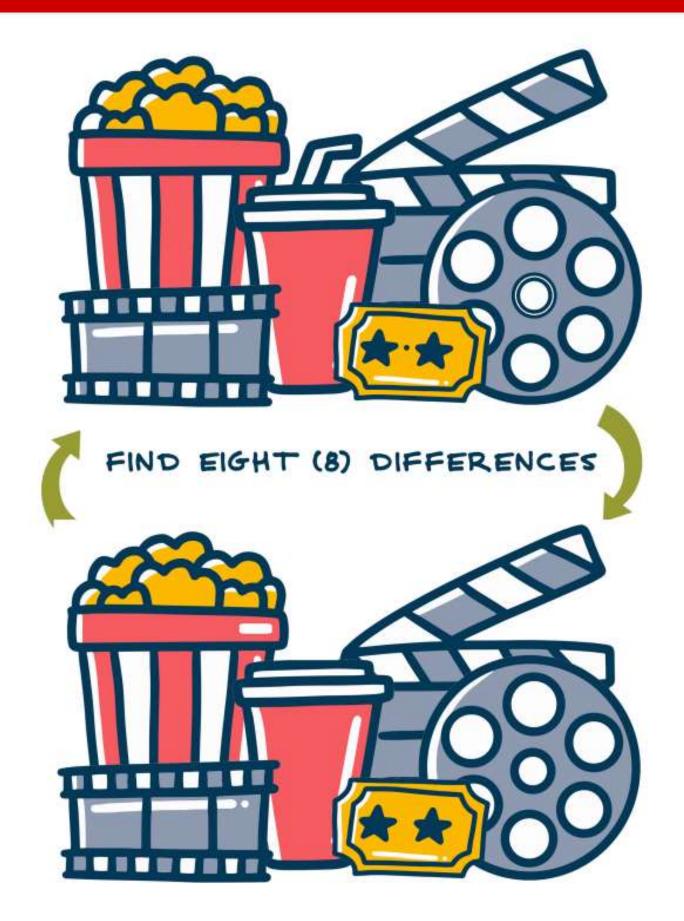


# Follow the Numbers

|   | Fo | llow I | Num | pers 1 | thro | ough | 55 |    |
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| 0 | 4  | 9      | 6   | 18     | 17   | 16   | 35 | 34 |
| X | 3  | 8      | 5   | 20     | 40   | 15   | 21 | 23 |
| 1 | 2  | 3      | 4   | 21     | 23   | 18   | 20 | 30 |
|   |    | -      |     | -      |      |      | -  |    |

|    | 14 | 3  | 8  | 5  | 20 | 40 | 15 | 21 | 23 | 45       |
|----|----|----|----|----|----|----|----|----|----|----------|
| 1  | 1  | 2  | 3  | 4  | 21 | 23 | 18 | 20 | 30 | 46       |
| 3  | 2  | 9  | 8  | 13 | 12 | 31 | 30 | 19 | 48 | 47       |
| 9  | 3  | 6  | 7  | 8  | 20 | 12 | 17 | 18 | 19 | 31       |
| 8  | 4  | 5  | 22 | 9  | 10 | n  | 16 | 40 | 20 | 32       |
| 10 | 5  | 26 | 23 | 10 | 42 | 41 | 15 | 39 | 21 | 33       |
| 14 | 6  | 25 | 24 | n  | 12 | 13 | 14 | 39 | 22 | 47       |
| 8  | 7  | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 23 | 46       |
| 21 | 34 | 33 | 32 | 31 | 40 | 27 | 26 | 25 | 24 | 55       |
| 23 | 35 | 18 | 19 | 30 | 29 | 28 | 27 | 28 | 29 | 54       |
| 24 | 36 | 30 | 32 | 31 | 5  | 2  | 50 | 51 | 52 | 53       |
| 38 | 37 | 38 | 39 | 46 | 47 | 48 | 49 | 44 | 55 | 54       |
| 39 | 20 | 33 | 44 | 45 | 29 | 52 | 53 | 45 |    | 0        |
| 40 | 41 | 42 | 43 | 46 | 47 | 53 | 54 | 55 |    | <b>*</b> |

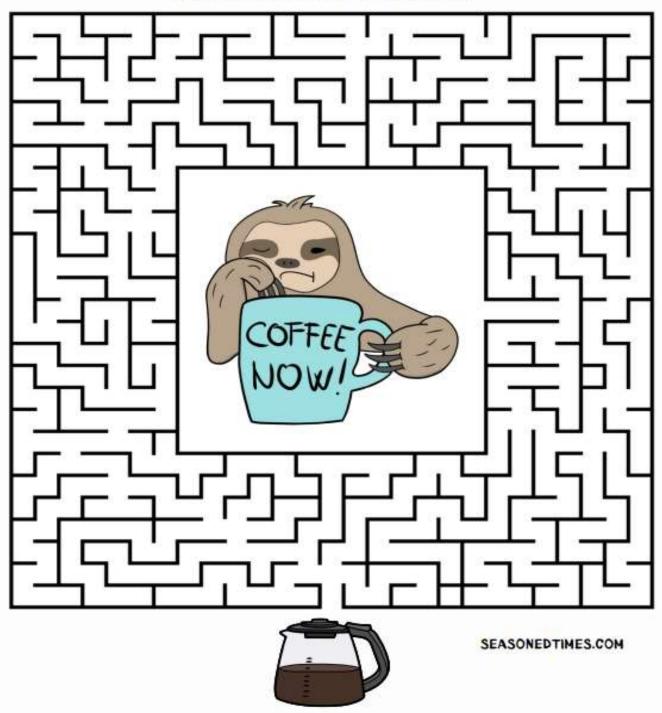
### SPOT THE DIFFERENCE PUZZLE SOLUTIONS ON PG. 38



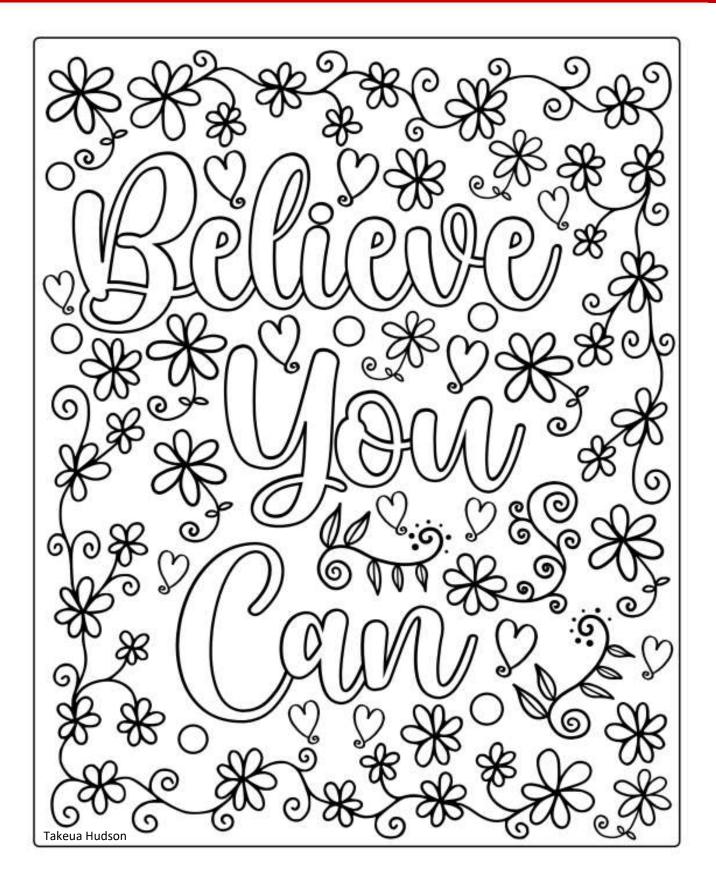
### MAZE PUZZLE SOLUTION ON PG. 39

# COFFEE LOVERS MAZE

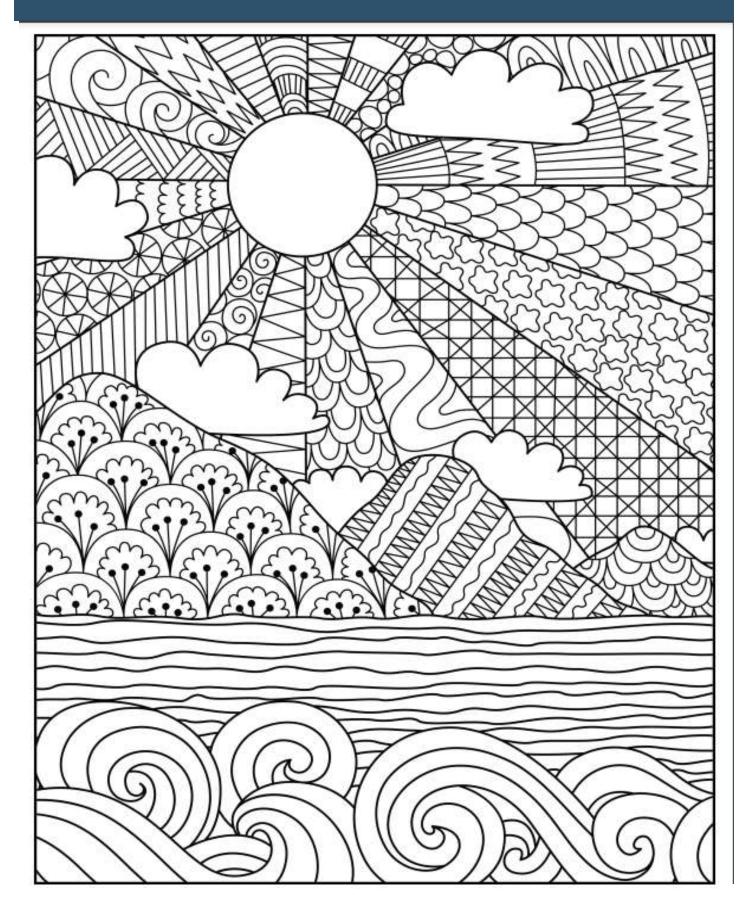
A refill is needed. Can you help?



### COLORING PAGE



### COLORING PAGE

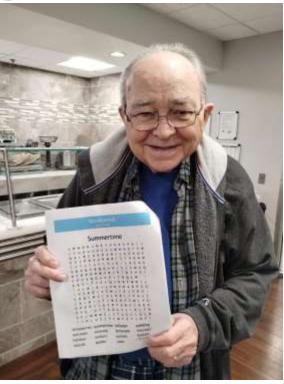


### **Hidden Name Contest**



### Congratulations!

August 2024 Hidden Name Contest Winners





### Walter Robinson

### Kadesha Gartrell

Somewhere in this issue, we have hidden the names of one Georgia War Resident and one Staff Member.

If you find your name, please call the Activities Office to claim your prize.

Each month, we will randomly pick the name of one resident and one staff member. Be sure to carefully review each issue to see if your name is hidden somewhere within.

### Good Luck!



### THE CHAPLAIN'S CORNER

WITH CHAPLAIN TIMOTHY LARK

### **Circuit Breaker**

I sincerely pray that you are finding moments of peace and tranquility, even amid chaos and confusion. Most people understand what peace is but what exactly is tranquility, one may wonder? Merriam-Webster defines it as "the quality or state of being tranquil," another way of saying free of agitation, disturbance, and turmoil. Stated differently, you are experiencing a state of calmness, serenity, mental clarity, and absence of anxiety. I prefer to describe you as being cool, calm, and collected.

With everything going on in their lives, many individuals find it quite difficult to locate that quiet area where they can just unwind for a minute. Before losing our cool, we need to give ourselves some space and time to just unwind. Take a moment to consider this: even a circuit breaker trips the switch when the circuit becomes overloaded to prevent damaging anything connected to it. I want to urge you to calm down, slow down, and take a moment to simply breathe so you don't hurt those around you. Stop what you're doing, find a safe secure location, and focus on just breathing.

- 1. Take a comfy seat or lie down.
- 2. Shut your eyes.
- 3. Place one hand on your abdomen and one on your chest.
- 4. Take a four-second breath through your nose, allowing your abdomen to expand.
- 5. Hold your breath for two seconds.
- 6. Breathe out through your lips gently and steadily for approximately six seconds.
- 7. Continue for three to ten minutes.

### THE CHAPLAIN'S CORNER

### WITH CHAPLAIN TIMOTHY LARK

When you are stressed or nervous, this breathing technique can help you become more conscious and focused on the here and now. You have probably heard the proverb "Rome wasn't built in a day." There are individuals nearby who are willing to support and assist you; you don't have to or be able to do everything yourself! Kindly request assistance before your circuit goes offline. 1 Peter 5:7 serves as a reminder to me that since the Lord is concerned about us, He wants us to give Him all our worries and problems. The good news is that He is capable of handling it. Whatever is attempting to control you, I think God is capable of handling it! There are a lot of pointless and meaningless things that weigh us down and cause us anxiety. The proverb "Worry about nothing, pray about everything" comes to mind. Take your burdens to the Lord and leave them there! Give it a try; you might find it enjoyable!

Lord, help us to reach the point and place where we put all our trust in you and realize that nothing is too difficult for you to handle on our behalf. May your peace that surpasses our understanding keep our hearts and minds through Christ Jesus our Lord day-by-day, hour-by-hour, and minuteby- minute! Amen.

Sincerely yours,

Timothy E. Lark

We would like to thank the following individuals for their donations:

### **In Memory of Patrick Barney**

David and Suzanne Smith Master Buick GMC Sandra & Curtis MacDonald Nancy Barney

# RIDDLE ME THIS

- I come in waves. I go with cheers in early September, almost every year.
   Celebrate me with a day off; what am I—full of joy and scoff? <u>Labor Day</u>
- I am three, but feel like more. I offer rest to the working core. At summer's end, I'm a brief delight. What am I—that's not too tight? <u>Labor Day Weekend</u>
- I crackle and pop, but I'm not a box. With me, you cook your Labor Day stocks. Burgers and dogs, I make them feast-ready. What am I—always hot and steady? <u>Grill</u>

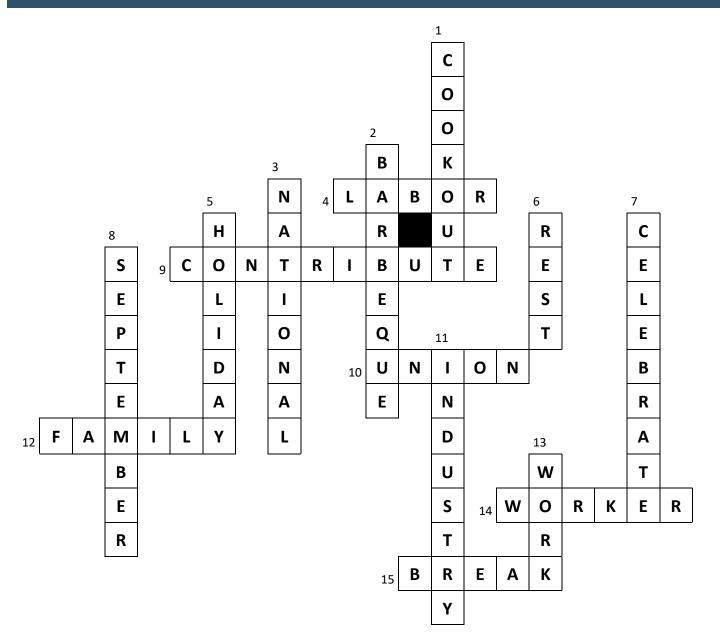
### WORD SCRAMBLE **SOLUTIONS** Labor Day Word Scramble Word Bank Conditions Labor Union Factory Monday Wages September Worker Holiday WORKER 1. wrreok 2. innou UNION 3. tfryaco FACTORY 4. myodna MONDAY 5. Ibrao LABOR 6. ioyhlda HOLIDAY 7. preesmrb SEPTEMBER 8. ocndtiisno CONDITIONS

WAGES

9. sgwae

### CROSSWORD PUZZLE

### SOLUTIONS



### <u>Across</u>

- 4. Another word for work.
- 9. To help.
- 10. An act of joining
- 12. People you are related to.
- 14. Someone that gets paid to work.
- 15. I miss summer \_ \_ \_ \_ \_.

### <u>Down</u>

- 1. A get together where you cook.
- 2. Grilled food is called
- 3. The \_\_\_\_\_ Anthem.
- 5. Christmas, Easter, 4th of July,

Halloween

- 6. To sit still or sleep.
- 7. To be excited.
- 8. The 9th month of the year.
- 11. My mom is in the hair \_
- 13. Something you do for money.

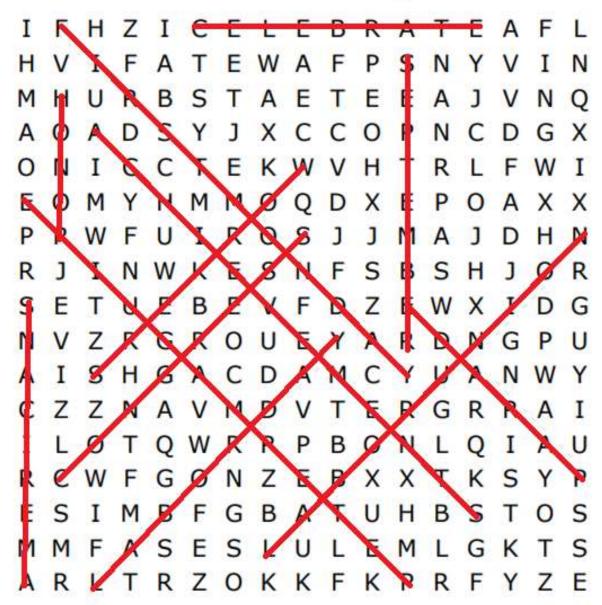
### Word Bank

\_\_.

Work Celebrate National Holiday Industry Family Break Union Barbeque Worker Rest Contribute Cookout September Labor

# Wordsearch

# Labor Day



Peter Maguire Labor Union September Parades

AchievementsFirst MondayCelebrateAmericansLabor DayCongressWorkersHonor

# SCAVENGER HUNT



These (5) items below are hidden throughout the September's issue of the VetCom









PG. 24



PG. 2

PG. 5

P

PG. 26

PG. 18

### SUDOKU

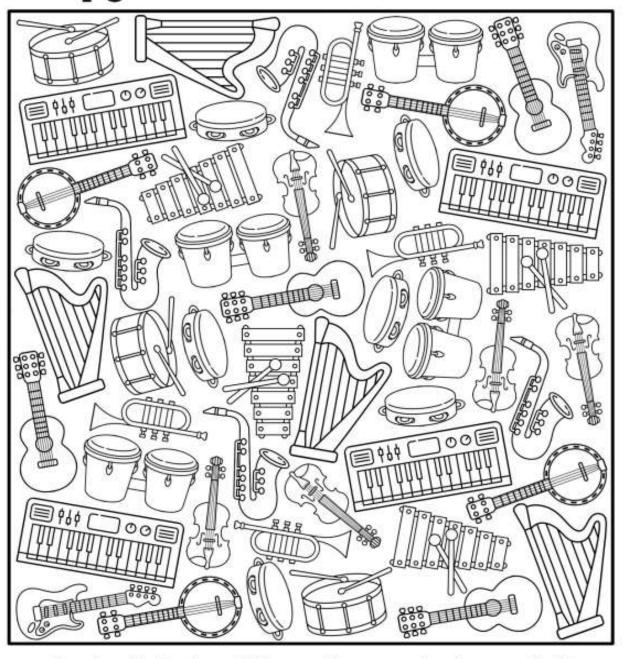
| 3 | 8 | 7 | 9 | 6 | 4 | 2 | 1 | 5 | 6 | 1 | 3 | 2 | 7 | 9 | 5 | 8 | 4 |
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| 5 | 4 | 9 | 2 | 1 | 8 | 7 | 3 | 6 | 7 | 8 | 9 | 5 | 4 | 3 | 2 | 1 | 6 |
| 1 | 6 | 2 | 3 | 7 | 5 | 9 | 8 | 4 | 5 | 4 | 2 | 8 | 6 | 1 | 3 | 7 | 9 |
| 4 | 2 | 6 | 8 | 9 | 3 | 5 | 7 | 1 | 8 | 3 | 1 | 6 | 2 | 4 | 7 | 9 | 5 |
| 9 | 1 | 8 | 5 | 4 | 7 | 6 | 2 | 3 | 4 | 2 | 5 | 7 | 9 | 8 | 1 | 6 | 3 |
| 7 | 5 | 3 | 1 | 2 | 6 | 8 | 4 | 9 | 9 | 6 | 7 | 1 | 3 | 5 | 8 | 4 | 2 |
| 6 | 3 | 5 | 7 | 8 | 1 | 4 | 9 | 2 | 2 | 5 | 6 | 9 | 1 | 7 | 4 | 3 | 8 |
| 2 | 7 | 4 | 6 | 3 | 9 | 1 | 5 | 8 | 3 | 7 | 8 | 4 | 5 | 6 | 9 | 2 | 1 |
| 8 | 9 | 1 | 4 | 5 | 2 | 3 | 6 | 7 | 1 | 9 | 4 | 3 | 8 | 2 | 6 | 5 | 7 |

PUZZLE 1

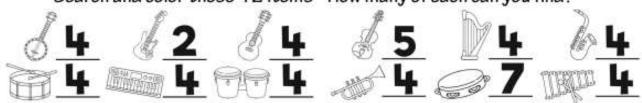
PUZZLE 2

# HIDDEN FIGURES PUZZLE

## **I Spy Musical Instruments**



Search and color these 12 items - How many of each can you find?



# Follow the Numbers

|    |    | 4  | 9  | 6  | 18 | 17 | 16 | 35 | 34 | 32 |
|----|----|----|----|----|----|----|----|----|----|----|
|    |    | 3  | 8  | 5  | 20 | 40 | 15 | 21 | 23 | 45 |
| 1  | 1  | 2  | 3  | 4  | 21 | 23 | 18 | 20 | 30 | 46 |
| 3  | 2  | 9  | 8  | 13 | 12 | 31 | 30 | 19 | 48 | 47 |
| 9  | 3  | 6  | 7  | 8  | 20 | 12 | 17 | 18 | 19 | 31 |
| 8  | 4  | 5  | 22 | 9  | 10 | n  | 16 | 40 | 20 | 32 |
| 10 | 5  | 26 | 23 | 10 | 42 | 41 | 15 | 39 | 21 | 33 |
| 14 | 6  | 25 | 24 | n  | 12 | 13 | 14 | 39 | 22 | 47 |
| 8  | 7  | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 23 | 46 |
| 21 | 34 | 33 | 32 | 31 | 40 | 27 | 26 | 25 | 24 | 55 |
| 23 | 35 | 18 | 19 | 30 | 29 | 28 | 27 | 28 | 29 | 54 |
| 24 | 36 | 30 | 32 | 31 | 5  | 2  | 50 | 51 | 52 | 53 |
| 38 | 37 | 38 | 39 | 46 | 47 | 48 | 49 | 44 | 55 | 54 |
| 39 | 20 | 33 | 44 | 45 | 29 | 52 | 53 | 45 |    |    |
| 40 | 41 | 42 | 43 | 46 | 47 | 53 | 54 | 55 |    |    |

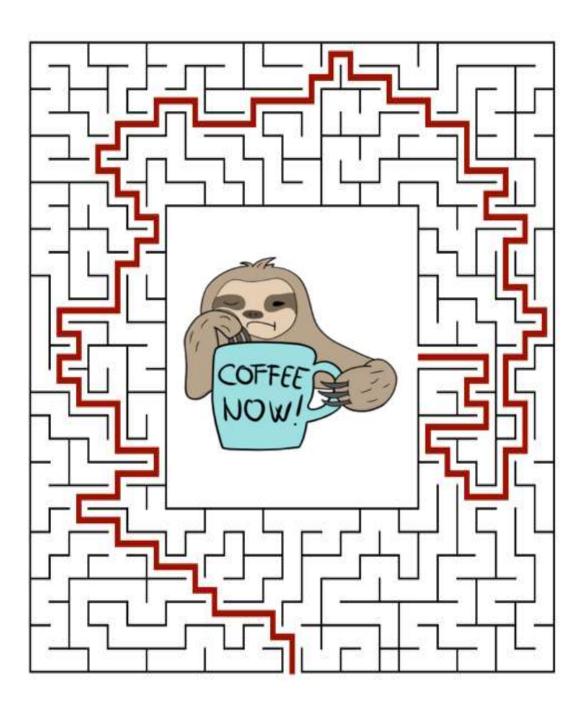
### SPOT THE DIFFERENCE PUZZLE SOLUTIONS







# Coffee Lovers Solution



# Happy Birthday

### WISHING THESE WONDERFUL RESIDENTS AND STAFF A HAPPY BIRTHDAY THIS MONTH!

Residents

| Jeffrey Burns    | Sept 03 |
|------------------|---------|
| Thomas Johnson   | Sept 05 |
| Ignatius Sanders | Sept 07 |
| John Parker      | Sept 10 |
| Howard Garnell   | Sept 14 |
| Nathel Moon      | Sept 21 |
| Arlie Underwood  | Sept 21 |
| Morris Crew      | Sept 22 |
| Dennis Venson    | Sept 23 |



### Lisa Hadden Sept 02 Sept 05 Jordan Fields-Thomas Sept 10 Larry Noble Sept 11 Janice Taylor Sept 15 Katherine Washington Sept 20 Dejone Smith Latasha Elam Sept 22 Sept 22 John McKenzie Arnesha Ramsey Sept 25 Timothy Lark Sept 26 Tamika Williams Sept 29 Sept 30 **Stephanie Nichols**

Staff

| Image         Image <th< th=""><th>Sunday 9/1</th><th>Monday 9/2</th><th>Tuesday 9/3</th><th>day 9/3 Wednesday 9/4 Thursda</th><th>Thursday 9/5</th><th>Friday 9/6</th><th>Saturday 9/7</th></th<>  | Sunday 9/1  | Monday 9/2   | Tuesday 9/3  | day 9/3 Wednesday 9/4 Thursda                                    | Thursday 9/5  | Friday 9/6   | Saturday 9/7  |
|---|---|--|--|--|---|--|---|
| Firesh Blueberries<br>Catabolied Eggs         Tropical Fult<br>Casability<br>Evendstast         Tropical Fult<br>Cream of Wheat<br>Casability<br>Evendstast         Freen Blueberries<br>Critted Ham         Peaches<br>Scrambled Eggs         Peaches<br>Scrambled Eggs         Freen Blueberries<br>Gritted Ham         Peaches<br>Sausage Gravy           Salussper & Cream of Wheat         Cream of Wheat         Errench Toast         Scrambled Eggs         Scrambled Eggs           Salusbuy Steak         Fried Fish         Meat Loaf         Fried Fish         Sausage Gravy           Salusbuy Steak         Fried Fish         Meat Loaf         Fried Rice         Oniversit           Salusbuy Steak         Fried Fish         Meat Loaf         Fried Rice         Oniversit           Salusbuy Steak         Baked Yams         Rashed Poatoses         BBQ Pork Sandwich         Erred Rice         Oniversit           Dinner Roll         Dinner Roll         Dinner Roll         Dinner Roll         Dinner Roll         Dinner Roll           BBQ Pork Sandwich         Tunsdad Serest         Valuat medica         Serestea<br>Maternetion         Dinner Roll         Dinner Roll           BBQ Pork Sandwich         Tunsdad Serestea         Valuat medica         Serestea<br>Maternetion         Dinner Roll           BBQ Pork Sandwich         Tunopal South         Tunopal South         Dinner Roll         Dinner Roll  |   |  |  | BREAKFAST  |   |  |   |
| Satisbury Steak         Carambed Eggs         Scrambed Eggs         Scrambed Eggs         Bisout with<br>Tried Rice         Bisout with<br>Satisbury Steak         Evented Fish         Macaroni &<br>Macaroni &<br>Contect         Bisout with<br>Tried Rice         Bisout with<br>Macaroni &<br>Macaroni &<br>Contect         Bisout with<br>Macaroni &<br>Contect         Bisout with<br>Macaroni &<br>Contect         Bisout with<br>Macaroni &<br>Macaroni &<br>Contect         Bisout with<br>Macaroni &<br>Contect         Macaroni &<br>Macaroni &<br>Contect         Bisout with<br>Macaroni &<br>Macaroni &<br>Macaroni &<br>Macaroni &<br>Macaroni &<br>Macaroni &<br>Macaroni &<br>Macaroni &<br>Dinner Roli         Bisout with<br>Macaroni &<br>Macaroni &<br>Ma | Tropical Fruit<br>Oatmeal   | Pineapple<br>Grits   | Tropical Fruit<br>Cream of Wheat   | Peaches<br>Grits   | Fresh Blueberries<br>French Toast                                       | Pears<br>Scrambled Eggs  | Grapes<br>Oatmeal   |
| LUNCH         LUNCH         Enjosit         Chicken         BBQ Pork Rib<br>Mashed Potatoes         Fried Fish         Mashed Potatoes         Fried Rice         BBQ Pork Rib<br>Mashed Potatoes         BBQ Pork Rib<br>Fried Rice         Mashed Potatoes         Fried Rice         BBQ Pork Rib<br>Mashed Potatoes         BBQ Pork Rib<br>Mashed Potatoes         BBQ Pork Rib<br>Mashed Potatoes         BBQ Pork Rib<br>Mashed Potatoes         Mashed Potatoes         Mashed Potatoes         Mashed<br>Mashed Potatoes         Mashed Potatoes         Mashed<br>Mashed Potatoes         Mashed Potatoes         Mashed<br>Mashed Field         Mashed<br>Mashed Field         Mashed<br>Cheeses         Masenolic         Masenolic         Cheeses         Masenolic         Cheeses         Masenolic         Cheeses         Masenolic         Cheeses         Masenolic         Cheeses         Masenolic         Cheeses         Macanolic         Cheeses         Masenolic         Cheeses         Masten Rolin         Cheeses         Masten Rolin         Cheeses         Masten Rolin         Cheeses         Masten Rolin         Cheeses         Masenolic         Cheeses         Masenolic         Masenolic         Masenolin   | Scrambled Eggs<br>Turkey Sausage<br>Patty                                     | Sausage & Cheese<br>Breakfast<br>Casserole                     | Scrambled Eggs<br>Grilled Ham<br>Toast   | Scrambled Eggs<br>Turkey Bacon                                   | Scrambled Eggs<br>Grilled Ham   | Biscuit with<br>Sausage Gravy                                    | Scrambled Eggs<br>Bacon<br>Toast  |
| Salisbury Steak<br>Baket Yams<br>Mashed Potatoes<br>Eaket Yams<br>Mashed Potatoes<br>Eaket Yams<br>Mashed Potatoes<br>Eaket Yams<br>Mashed Potatoes<br>Peaches<br>Dinner RollMeast Load<br>Terivaki Chicken<br>Acaaroni &<br>Acaaroni &<br>Macanoni &<br>Dinner RollMeast Load<br>Terivaki Chicken<br>Macanoni &<br>Dinner RollBBQ Pork Rib<br>Macanoni &<br>Macanoni &<br>Macanoni &<br>Macanoni &<br>Dinner RollBaket Yams<br>Dinner RollDinner RollCotester Pudding<br>Strambler EggsCotester Beans<br>Strambler EggsCotester Beans<br>Strambler EggsCotester Beans<br>Strambler EggsMonday 99Tuesday 910Mednesday 911Thursday 912Friday 913Monday 99Tuesday 911Thursday 912Friday 913Monday 99Tuesday 911Thursday 912Friday 913Monday 99Tuesday 911Thursday 912Friday 913Strambled EggsScrambled EggsScrambled EggsScrambled EggsStrambled EggsScrambled EggsScrambled EggsScrambled EggsStrated FourStrated CateDinner RollConbiredMonday 99Tropical FruitTursday 912Fried ChickenStrated FourStrated EggsScrambl  |   |  |  | LUNCH  |   |  |   |
| meanser orondres         meanser orondres         meanser orondres         meanser orondres         meanser orondres         meanser orondres         meaner orondres         mean  | Roasted Pork Loin   | Salisbury Steak  | Fried Fish<br>Baked Vame   | Machad Dotatoos  | Teriyaki Chicken  | BBQ Pork Rib   | Balsamic Glazed   |
| Control         Prinder Roll         Immer Roll         Immer Roll         Immer Roll         Optimier Roll         Optimer Roll  | Dotatoes  | Roccoli  | Green Reans  | Roasted Venetables   | Oriental  | Chase  | White Rice  |
| Dinner Roll         Dinner Roll         Watermelon           BBQ Pork Sandwich         Dinner Roll         Dinner Roll         Dinner Roll         Dinner Roll           BBQ Pork Sandwich         Sudtwest Totilia Soup         Dinner Roll         Dinner Roll         Dinner Roll           BBQ Pork Sandwich         Iuma Salad Sandwich         Green Beans         Pasta Salad         Sudtwest Totilia Soup         Rice Flaat         Peaceres         Vatermelon           BBQ Pork Sandwich         Tuopical Fruit         Chocolate Pudding         Croobier         Vatermelon         Dinner Roll           Inopical Fruit         Chocolate Pudding         Rice Flaat         Natermelon         State Baars         Garlic Bread           Inopical Fruit         Chocolate Pudding         Neodase Ghip Cookie         Vanilia Pudding         Coobler           Inopical Fruit         Chocolate Fudding         Netreaper Grip State         Fried Pork         Carendo Baars           Strambled Eggs         Strambled Eggs         Strambled Eggs         Strambled Eggs         Strambled Eggs         Strambled Eggs           Strambled Eggs         Strambled Eggs         Strambled Eggs         Strambled Eggs         Stramber         Toost <td>Mixed Vegetables</td> <td>Cookie</td> <td>Pie Pie</td> <td>Angel Food Cake</td> <td>Vegetables</td> <td>Collard Greens</td> <td>Squash Medlev</td>  | Mixed Vegetables  | Cookie   | Pie Pie  | Angel Food Cake  | Vegetables  | Collard Greens   | Squash Medlev   |
| Bit         DINNER         DINNER           BBQ Pork Sandwich<br>Colesiaw         Tura Salad Sandwich<br>Suthwest Tortila Sup<br>Paskad Baans         Tura Salad Sandwich<br>Suthwest Tortila Sup<br>Paskad Brans         Phily Cheesesteak         Lasagna           Colesiaw         Southwest Tortila Sup<br>Paskad Brans         Turopical Fruit         Steamed Carrots         Garric Bread           Tropical Fruit         Chocolate Pudding         Chocolate Dudding         Monday 9/1         Thursday 9/12         Friday 9/13           Monday 9/9         Tuesday 9/10         Mednesday 9/11         Thursday 9/12         Friday 9/13           Monday 9/9         Tuesday 9/10         Mednesday 9/11         Thursday 9/12         Friday 9/13           Monday 9/9         Tuesday 9/10         Mednesday 9/11         Thursday 9/12         Friday 9/13           Monday 9/9         Tuesday 9/11         Thursday 9/12         Friday 9/13         Strawberries           Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Strawberries           Strawberries         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs           Strawberries         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Scrambled Eggs <td>Ice Cream<br/>Combread</td> <td>Dinner Roll</td> <td>Dinner Roll</td> <td>with Strawberries<br/>Dinner Roll</td> <td>Peaches<br/>Dinner Roll</td> <td>Watermelon<br/>Dinner Roll</td> <td>Jell-O<br/>Dinner Roll</td>   | Ice Cream<br>Combread   | Dinner Roll  | Dinner Roll  | with Strawberries<br>Dinner Roll                                 | Peaches<br>Dinner Roll  | Watermelon<br>Dinner Roll  | Jell-O<br>Dinner Roll   |
| BRQ Pork Sandwich       Tura Salad Sandwich       Greek Chicken       Philly Cheesesteak       Lasagna         Colesiaw       Souttwest Tortila Soup       Zucchini       Steamed Carrots       Green Beans         Eaked Faus       Pasta Salad       Colociate Chicken       Neilly Cheesesteak       Lasagna         Reaked Beans       Pasta Salad       Cucchini       Steamed Carrots       Green Beans         Reaked Beans       Pasta Salad       Chocolate Chip Cookie       Vanilla Pudding       Coobler         Monday 9/9       Tuesday 9/10       Mednesday 9/11       Thursday 9/12       Friday 9/13         Monday Sis       Tropical Fruit       Preaches       Strawbernies       Strawbernies         Scrambled Eggs       Scrambled Eggs       Scrambled Eggs       Strawbernies       Strawbernies         Scrambled Eggs       Scrambled Eggs       Scrambled Eggs       Strawbernies       Strawbernies         Scrambled Eggs       Scrambled Eggs       Scrambled Eggs       Sausage Gravy       Freich Toast       Toast         Crispy Hash Browns       Parcakes       Sausage Gravy       Freich Toast       Toast       Toast         Crispy Hash Browns       Parcakes       Sausage Gravy       Freich Toast       Freich Choast       Toast         Crisp  |   |  |  | DINNER   |   |  |   |
| Monday 9/9       Tuesday 9/10       Wednesday 9/11       Thursday 9/12       Friday 9/13         Pears       Tropical Fruit       BREAKFAST       EREAKFAST       Friday 9/13       Friday 9/13         Freedres       Tropical Fruit       Pineapple       Strawberries       Strawberries         Scrambled Eggs       Scrambled Eggs       Scrambled Eggs       Strawberries       Strawberries         Strambled Eggs       Scrambled Eggs       Scrambled Eggs       Strawberries       Strawberries         Scrambled Eggs       Scrambled Eggs       Scrambled Eggs       Strawberries       Strawberries         Strambled Eggs       Scrambled Eggs       Scrambled Eggs       Strawberries       Strawberries         Strambled Eggs       Scrambled Eggs       Strawberries       Strawberries       Strawberries         Strand       Dinner Roll       Pork Bacon       Breaked Sweet Potato       Roasted Chicken         Fruit Cobbler       Jell-O       Cookie       Stried Sweet Potato       Roasted Potatoes         Fruit Cobbler       Jell-O       Cookie       Dinner Roll       Combread         Dinner Roll       Printe Roll       Dinner Roll       Combread       Steamed Cabbage         Beef Bean Chili       Printo Beans       Roasted Potatoes  | Baked Ham<br>Turnip Greens<br>lacaroni & Cheese<br>Peach Cobbler<br>Cornbread | BBQ Pork Sandwich<br>Coleslaw<br>Baked Beans<br>Tropical Fruit | Tuna Salad Sandwich<br>Southwest Tortilla Soup<br>Pasta Salad<br>Chocolate Pudding | Greek Chicken<br>Zucchini<br>Rice Pilaf<br>Chocolate Chip Cookie | Philly Cheesesteak<br>Steamed Carrots<br>Baked Fries<br>Vanilla Pudding | Lasagna<br>Green Beans<br>Garlic Bread<br>Cobbler                | Sloppy Joe Sandwich<br>Roasted Zucchini<br>Baked Chips<br>Jell-O          |
| Monday 9/9Tuesday 9/10Wednesday 9/11Thursday 9/12Friday 9/13FearsTropical FruitBREAKFASTEREAKFASTFriday 9/13Friday 9/13FarsTropical FruitPineapplePeachesStrawberriesScrambled EggsScrambled EggsScrambled EggsScrambled EggsStrawberriesSausageSliced HamPineapplePeachesStrawberriesSusageSliced HamPineapplePork BaconFreekriesSausageSliced HamScrambled EggsScrambled EggsStrawberriesSausageSliced HamPancakesSausage GravyFrench ToastToastFried Pork ChopBaked ZittFried ShrimpFrench ToastToastToastFried Pork ChopBaked ZittFried ShrimpStrambled EggsStrawberriesFried Pork ChopBaked ZittFried ShrimpFrench ToastToastRoasted YamsGarlic BreadHushpupiesBaked Sweet PotatoPorteesGreen PeasSpinachCookieSiteamed CabbageCollard GreensFruit CobblerJoinner RollNinte RicePundfingPoinner RollWhite RicePinto BeansKoasted PotatoesMeat SauceBeef Bean ChiliPinto BeansRoasted PotatoesSiteamed CabbageWhite RicePinto BeansRoasted PotatoesMeat SauceBreachesSquash & Red PeppersSpinachMeatoatPeachesPoundingCombreadMeat SauceBreachesS   |   |  |  |  |   |  |   |
| BREAKFAST         BREAKFAST           Pears         Tropical Fruit         Pineapple         Strawberries           Scrambled Eggs         Scrambled Eggs         Scrambled Eggs         Strawberries           Sausage         Silced Ham         Ponk Bacon         Breakfast Casserole           Crispy Hash Browns         Silced Ham         Pancakes         Sausage Gravy         French Toast         Toast           Fried Pork Chop         Baked Ziti         Fried Shrimp         Pork Bacon         Breakfast Casserole           Fruit Cobbler         Baked Ziti         Fried Shrimp         Country Fried Steak         Fried Chicken           Roasted Yams         Gartic Bread         Hushpuppies         Baked Sweet Potato         Roasted Potatoes           Green Peas         Jell-O         Cookie         Nickerdoode Cokie         Pudding           Jinner Roll         Ninte Rice         Ninte Rice         Pudding         Combread           White Rice         Mattoan         Mashed Potatoes         Pudding           Broccoli & Coulifower         Squash & Red Pepers         Spaghetti with           White Rice         Pudding         Mashed Potatoes         Masted Sweet Sprouts           Broccoli & Coulifower         Squatoes         Spaghetti with         Combread   | Sunday 9/8  | Monday 9/9   | Tuesday 9/10   | Wednesday 9/11   | Thursday 9/12   | Friday 9/13  | Saturday 9/14   |
| Fears<br>Scrambled Eggs<br>Scrambled Eggs<br>Scrambled Eggs<br>Sausage<br>Scrambled Eggs<br>Siced Ham<br>Crispy Hash BrownsTropical Fruit<br>PancakesPineapple<br>Biscuit with<br>Pork Bacon<br>French ToastStrawberries<br>Sausage & Cheese<br>Breakfast Casserole<br>Breakfast Casserole<br>Datat ACrispy Hash BrownsSilced Ham<br>PancakesSausage Gravy<br>Sausage GravyFrench Toast<br>French ToastSausage & Cheese<br>Breakfast CasseroleFried Pork Chop<br>Roasted YamsBaked Ziti<br>Garlic Bread<br>Fruit CobblerHushpupies<br>Baked Sweet Potato<br>Dinner RollSausage & Colast<br>CoonkieSausage & Colast<br>Dinner RollFried Dinner RollUlenor RollCoontry Fried Shrimp<br>HushpupiesCountry Fried Steak<br>Baked Sweet Potato<br>Dinner RollCountry Fried Steak<br>PotatoFried Chicken<br>Roasted PotatoesImage Robie<br>Dinner RollUlenor RollDinner RollCountry Fried Steak<br>Bruckendoedle CookieCoontry Fried Steak<br>Bruckendoedle CookieCoontry Fried Steak<br>PotatoesFreid Chicken<br>Roasted PotatoesImage Read Read Pepers<br>PeachesImage Read Potatoes<br>BruckendMashed Potatoes<br>Brusel SproutsSpaghetti with<br>Meat SauceImage Reaches<br>ProdingPeaches<br>CombreadMashed Potatoes<br>Brusel SproutsMasted Vegetables<br>GrapesImage Reaches<br>PeachesPeaches<br>Brusel SproutsMasted Potatoes<br>Brusel SproutsMasted Steade<br>GrapesImage Robie<br>PoundingPeaches<br>Brussel SproutsMasted Steade<br>Brussel SproutsSteade<br>Brussel SproutsSteade<br>Brussel SproutsImage Robie<br>DombreadPeaches<br>Brus   |   |  |  | BREAKFAST  |   |  |   |
| Fried Pork ChopBaked ZitiLUNCHFried Pork ChopBaked ZitiFried ShrimpRoasted YamsGarlic BreadHushpuppiesGreen PeasSpinachColeslawGreen PeasSpinachColeslawGreen PeasSpinachColeslawFruit CobblerJell-OCookieDinner RollJell-OCookieDinner RollItalian Pork LoinWhite RicePinner RollBeef Bean ChiliItalian Pork LoinWhite RicePinner RollBrocoli & CauliflowerSquash & Red PepersSquash & Red PepersSpinachPeachesPuddingCornbreadTropIcal FruitPeachesPuddingCornbreadCornbreasBroscoli & CoulingTropIcal FruitPeachesPuddingGarlic BreadGarlic Bread  | Tropical Fruit<br>Scrambled Eggs<br>Corned Beef Hash<br>Grits                 | Pears<br>Scrambled Eggs<br>Sausage<br>Crispy Hash Browns       | Tropical Fruit<br>Scrambled Eggs<br>Sliced Ham<br>Pancakes                         | Pineapple<br>Scrambled Eggs<br>Biscuit with<br>Sausage Graw      | Peaches<br>Scrambled Eggs<br>Pork Bacon<br>French Toast                 | Strawberries<br>Sausage & Cheese<br>Breakfast Casserole<br>Toast | Tropical Fruit<br>Scrambled Eggs<br>Turkey Sausage Patty<br>Banana Muffin |
| Fried Pork ChopBaked ZitiFried ShrimpCountry Fried SteakFried ChickenRoasted YamsGarlic BreadHushpuppiesBaked Sweet PotatoRoasted PotatoesGreen PeasSpinachColeslawSteamed CabbageRoasted PotatoesGreen PeasJell-OCookieSteamed CabbageCollard GreensJenner RollJell-OCookieDinner RollPuddingDinner RollItalian Pork LoinLemon Pepper ChickenMeatloaf with GravySpaghetti withWhite RiceRoush & Red PepperBrussel SproutsMeat SauceMixed VegetablesBroccoli & CauliflowerSquash & Red PepperSpinachBrussel SproutsMixed VegetablesPeachesPuddingTropical FruitPeachesGrapesGrapesCombreadCombreadBrussel SproutsMixed VegetablesGrapes   |   |  |  | LUNCH  |   |  |   |
| Green Peas<br>Fruit Cobbler<br>Dinner RollSpinach<br>Jell-OColesiaw<br>Steamed Cabbage<br>Snickerdoodle Cookie<br>Dinner RollSteamed Cabbage<br>Pudding<br>CombreadDinner RollJell-OCookie<br>Dinner RollCondard Greens<br>PuddingMitte Rice<br>Broccoli & Cauliflower<br>PeachesItalian Pork Loln<br>Roasted PotatoesLemon Peper Chicken<br>Mashed PotatoesCombread<br>Meat SauceBroccoli & Cauliflower<br>PeachesSquash & Red Pepper<br>Rousel & CombreadMeatloaf with Gravy<br>Meat SauceSpinach<br>Mixed VegetablesCombread<br>CombreadCombreadTropical Fruit<br>PeachesPeaches<br>GrapesGrapes<br>Grapes   | Baked Ham<br>Combread Stuffing  | Fried Pork Chop<br>Roasted Yams                                | Baked Ziti<br>Garlic Bread   | Fried Shrimp<br>Hushpuppies                                      | Country Fried Steak<br>Baked Sweet Potato                               | Fried Chicken<br>Roasted Potatoes                                | Sausage,<br>Peppers & Onions  |
| Fruit Cobbler<br>Dinner RollJell-OCookieSnickerdoodle CookiePuddingDinner RollDinner RollCombreadCombreadCombreadBeef Bean ChiliItalian Pork LoinLemon Peper ChickenMeatloaf with GravySpaghetti withWhite RicePinto BeansRoasted PotatoesMashed PotatoesMeat SauceBroccoli & CauliflowerSquash & Red PepersSpinachBrussel SproutsMixed VegetablesPeachesPuddingTropical FruitPeachesGrapesGrapesCornbreadCornbreadGrapesGrapesGrapes   | Green Beans   | Green Peas   | Spinach  | Coleslaw   | Steamed Cabbage   | Collard Greens   | Vegetable Medley  |
| Dinner     Dinner       Beef Bean Chili     Italian Pork Loin     Lemon Pepper Chicken     Meatloaf with Gravy     Spaghetti with       White Rice     Pinto Beans     Roasted Potatoes     Mashed Potatoes     Meatsauce       Broccoli & Cauliflower     Squash & Red Peppers     Splinach     Brussel Sprouts     Mixed Vegetables       Peaches     Pudding     Tropical Fruit     Peaches     Grapes       Cornbread     Ronches     Fronto     Brussel Sprouts     Grapes   | Chocolate Cake<br>Dinner Roll   | Fruit Cobbler<br>Dinner Roll                                   | Jell-O   | Cookie   | Snickerdoodle Cookie<br>Dinner Roll                                     | Pudding<br>Combread  | Jell-O<br>Dinner Roll   |
| Beef Bean ChiliItalian Pork LoinLemon Pepper ChickenMeatloaf with GravySpaghetti withWhite RicePinto BeansRoasted PotatoesMashed PotatoesMeat SauceBroccoli & CauliflowerSquash & Red PeppersSpinachBrussel SproutsMixed VegetablesPeachesPuddingTropical FruitPeachesGrapesCornbreadCornbreadBrussel SproutsGrapes   |   |  |  | DINNER   |   |  |   |
| Combread Pudding Iropical Fruit Peaches Grapes<br>Combread Carlic Bread   | Grilled Chicken<br>Lima Beans<br>Glazed Carrots                               | Beef Bean Chili<br>White Rice<br>Broccoli & Cauliflower        | Italian Pork Loin<br>Pinto Beans<br>Squash & Red Peppers                           | Lemon Pepper Chicken<br>Roasted Potatoes<br>Spinach              | Meatloaf with Gravy<br>Mashed Potatoes<br>Brussel Sprouts               | Spaghetti with<br>Meat Sauce<br>Mixed Vegetables                 | Chicken Tenders<br>Potato Wedges<br>Steamed Carrots                       |
|   | Vanilla Pudding   | Peaches<br>Cornbread   | Pudding  | Tropical Fruit   | Peaches   | Grapes<br>Garlic Bread   | Ice Cream   |

| Sunday 9/15                          | Monday 9/16                          | Tuesday 9/17                        | Jay 9/17 Wednesday 9/18 Thursda        | Thursday 9/19                                      | Friday 9/20                      | Saturday 9/21                      |
|--------------------------------------|--------------------------------------|-------------------------------------|--|--|----------------------------------|------------------------------------|
|                                      |                                      |                                     | BREAKFAST                              |  |                                  |                                    |
| Fresh Blueberries                    | Peaches                              | Biscuit                             | Pineapple<br>Erench Toast              | Tropical Fruit<br>Grite                            | Strawberries<br>Sausade & Cheese | Pears                              |
| Scrambled Eggs<br>Turkev Bacon       | Scrambled Eggs<br>Pork Sausage Patty | Scrambled Eggs<br>Grilled Ham       | Scrambled Eggs<br>Turkev Sausage Patty | Scrambled Eggs<br>Bacon                            | Breakfast<br>Casserole           | Scrambled Eggs<br>Turkey Bacon     |
| Toast                                | for offering the                     |                                     | fun officer form                       | Toast  | Toast                            | Toast                              |
|                                      |                                      |                                     | LUNCH                                  |  |                                  |                                    |
| Baked Swiss Steak                    | Baked Chicken                        | Roasted Ginger Pork                 | Spaghetti with                         | Roasted Turkey with Gravy                          |                                  | BBQ Chicken                        |
| Game mastred Folatoes<br>Green Beans | Turnip Greens                        | Asian Vedetables                    | Green Beans                            | Mixed Vegetables                                   | Collard Greens                   | rodsted sweet Foldtoes<br>Zucchini |
| Berry Cobbler<br>Dinner Roll         | Pound Cake                           | Banana Pudding<br>Dinner Roll       | Yellow Cake<br>Garlic Bread            | Brownie<br>Dinner Roll                             | Apple Pie<br>Dinner Roll         | Jell-O<br>Dinner Roll              |
|                                      |                                      |                                     | DINNER                                 |  |                                  |                                    |
| Smothered Pork Chop                  | Philly Cheesesteak                   | Grilled Chicken                     | Tuna Salad                             | Beef Pot Roast                                     | Cheeseburger                     | Baked Ham                          |
| Mexican Rice                         | Sweet Potato Fries                   | Sandwich                            | Crackers                               | Mashed Potatoes                                    | Sweet Potato Fries               | Macaroni & Cheese                  |
| Mixed vegetables                     | Colesiaw                             | vegetable soup                      | Chicken Noodle Soup                    | Green beans  | Mixed vegetables                 | Green beans                        |
| Jell-O<br>Dinner Roll                | Chocolate Cake                       | Fruit Salad<br>Crackers             | Chocolate Pudding                      | Sugar Cookie                                       | Jell-O                           | Pineapple<br>Dinner Roll           |
|                                      |                                      |                                     |  |  |                                  |                                    |
| Sunday 9/22                          | Monday 9/23                          | Tuesday 9/24                        | Wednesday 9/25                         | Thursday 9/26                                      | Friday 9/27                      | Saturday 9/28                      |
|                                      |                                      |                                     | BREAKFAST                              |  |                                  |                                    |
| Fresh Blueberries                    | Pineapple                            | Strawberries                        | Tropical Fruit                         | Cantaloupe   | Pears                            | Grapes                             |
| Scrambled Eggs                       | Scrambled Eggs                       | Scrambled Eggs                      | Scrambled Eggs                         | Scrambled Eggs                                     | Scrambled Eggs                   | Scrambled Eggs                     |
| Pork Bacon                           | Corned Beef Hash                     | Sliced Ham                          | Pork Sausage Patty                     | Turkey Bacon                                       | Biscuit with                     | Turkey Sausage Patty               |
| Pancakes                             | Grits                                | Breakfast Potatoes                  | French Toast                           | Hash Browns  | Sausage Gravy                    | Pancakes                           |
|                                      |                                      | and the second of the second second | LUNCH                                  |  |                                  |                                    |
| Country Fried                        | Chicken Pot                          | BBQ Pork Loin                       | Lasagna                                | Chill Lime Chicken                                 | Crispy Baked                     | Chicken &                          |
| STEAK<br>Stanmed Datatoos            | POI PIE                              | Dutter beans                        | Cooked Spinach                         | Zucchini & Vellow                                  | Historian                        | Cteamed Broccoli                   |
| Organieu Fuidiues                    | cinoide lacenia                      | Motormolon                          | Corlio Drood                           | Current or Teriuw                                  | calddadiisau                     |                                    |
| Green beans                          | Coppler                              | watermeion                          | Garric bread                           | oduasn   | Collard Greens                   | Apple Fie                          |
| Dinner Roll                          | DINNER KOIL                          | Compread                            |  | Carrot Cake<br>Dinner Roll                         | Banana Pudding<br>Combread       |                                    |
|                                      |                                      |                                     | DINNER                                 |  |                                  |                                    |
| Fried Chicken                        | Hot Dog on a Bun                     | Tuna Salad                          | Chili<br>Stoomod Dice                  | Brunswick Stew                                     | Chicken Tenders                  | Cheeseburger                       |
| Squash                               | Asian Slaw                           | Crackers/Bread                      | Carrots                                | Spinach  | Mixed Vegetables                 | Green Beans                        |
| Ice Cream<br>Combread                | Chocolate Pudding                    | Chocolate Chip Cookie               | Lemon Pudding                          | Ice Cream<br>Dinner Roll                           | Peanut Butter Cookie             | Watermelon                         |
|                                      | 2                                    | Menu items are subject              | t to change based on                   | subject to change based on supply and availability |                                  |                                    |
|                                      |                                      |                                     |  |  |                                  |                                    |

Resident Menu – September 2024

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# SEPTEMBER 2024

| Sat       | 7<br>Family<br>Visits   | 14<br>Family<br>Visits   | 21<br>Family<br>Visits<br>Resident<br>Poker<br>Game with<br>Hubbell<br>@10:00                        | 28   | *   |
|-----------|---|--|--|--|---|
| Friday    | 6<br>9:00 Coffee Club<br>10:00 The Word with<br>Chaplain Lark<br>2:30 Sentimental<br>Reflections  | 13<br>9:00 Coffee Club<br>10:00 The Word with<br>Chaplain Lark<br>2:30 Frozen Friday   | 20<br>9:00 Coffee Club<br>10:00 The Word with<br>Chaplain Lark<br>2:30 Sentimental<br>Reflections    | 27<br>9:00 Coffee Club<br>10:00 The Word with<br>Chaplain Lark<br>2:30 Ice Cream Social              | <b>INTERNAL PROPERTY</b>  |
| Thursday  | <ol> <li>B:00 Movie &amp; Popcorn<br/>on each unit</li> <li>2:30 Ice-Cream Social<br/>with DAV</li> </ol>   | 12<br>9:00 Movie & Popcorn<br>on each unit<br>2:30 Tapple Memory<br>Challenge  | 19<br>9:00 Movie & Popcorn<br>on each unit<br>2:30 Social with AL<br>Post 192                        | 26<br>9:00 Coffee Club<br>10:00 Tic-Tac-Toss<br>2:30 Veggie Bar with<br>KCC<br>7:00 Late Night Movie |   |
| Wednesday | <ul> <li>4</li> <li>8:30 Barber – 5<sup>th</sup> Floor</li> <li>10:00 Walk-A-Thon</li> <li>10:00 Walk-A-Thon</li> <li>2:30 Wood Working</li> <li>7:00 BINGO with DAV</li> </ul> | <ul> <li>11</li> <li>8:30 Barber – 4<sup>th</sup> Floor</li> <li>10:00 Chaplain Larry</li> <li>10:00 Pineneedle</li> <li>Flower Club</li> <li>2:30 Morris Museum of<br/>Arts Crafts</li> </ul> | 18<br>8:30 Barber – 3 <sup>rd</sup> Floor<br>10:00 Music in Motion<br>2:30 Social with Elks<br>Lodge | 25<br>8:30 Barber – 2 <sup>nd</sup> Floor<br>10:00 Chaplain Larry<br>2:30 Monthly Birthday<br>Party  | ITH   |
| Tuesday   | 3<br>9:00 Coffee Club<br>10:00 News with Friends<br>2:30 UNO & Card<br>Cames<br>7:00 BINGO with<br>CMVA Riders  | 10<br>9:00 Coffee Club<br>10:00 News with Friends<br>2:30 Connect 4 Games  | 17<br>9:00 Coffee Club<br>10:00 News with Friends<br>2:30 Tapple Memory<br>Challenge                 | 24<br>9:00 Coffee Club<br>10:00 News with Friends<br>2:30 Social with AL<br>Post 205                 |   |
| Monday    | 2<br>LABOR  | 9<br>9:00 Coffee Club<br>10:00 Music in Motion<br>2:30 BINGO<br>2:30 BINGO   | 16<br>9:00 Coffee Club<br>10:00 Fun & Games<br>2:30 BINGO with<br>Evans VFW                          | 23<br>9:00 Coffee Club<br>10:00 Pet Therapy<br>2:30 Walk-A-Thon<br>on each unit<br>7:00 BINGO        | 30<br>9:00 Coffee Club<br>10:00 News with Friends<br>2:30 BINGO |
| Sun.      | 1<br>Family<br>Visits<br>Faith<br>Baptist<br>Church<br>@ 2:30   | 8<br>Family<br>Visits  | 15<br>Family<br>Visits<br>Mackey<br>Music<br>@ 2:30  | 22<br>Family<br>Visits   | 29<br>Family<br>Visits<br>Church<br>of Christ                   |



### TO ALL OF OUR VETERANS, FAMILIES, FRIENDS, STAFF, FACULTY, AND CONTRIBUTORS.



GEORGIA WAR VETERANS NURSING HOME