

# Labor Day tips from the U.S. labor secretary

By HILDA L. SOLIS

you'll need to succeed.

On Labor Day 2012 and every day, one of my top priorities is to help those looking for work get the training they need for good-paying jobs.

By 2020, 17 of the 30 fastest-growing occupations will require a postsecondary certificate or degree. In fact, employers are actively looking to fill nearly 4 million job openings in America right now. Getting the skills employers want and need are critical to a successful career.

Here are a few tips:

- Get started! Your first step is to check out your local American Job Center. These nearly 3,000 "one-stop-shops" are part of a nationwide network where you can work with experts to update your resume, strengthen interview skills and explore current job openings. Find your local center by visiting CareerOneStop.org.

- Looking for a fresh start? Check out MySkillsMyFuture.org to discover different careers that build off of your existing skills, connect you to free training programs and even find employers in your area looking to hire. The site also shows how much different jobs pay near you or across the country, as well as the additional skills

- Not sure what career is right for you? Visit MyNextMove.org to find the job that's the perfect fit. Fill out a questionnaire listing your interests and abilities, and get suggestions for different employment paths in more than 900 careers. This site will also identify local apprenticeship and certificate programs to help you train and get a job in high-growth industries.

- Are you a veteran? "My Next Move for Vets" is designed just for you! Enter your military occupation code and the site matches your military skills to civilian jobs. If you're a post-9/11 era veteran, you can also download a Veterans Gold Card at DOL.gov/VETS to get specialized services from your local American Job Center.

- Don't have Internet access at home? We've partnered with local libraries all around the country to make sure that you always have a place to log on to our online resources. Most American Job Centers offer free access for those looking for a job, too.

- Have more questions? Call us. You can reach our toll-free helpline at 866-4-USA-DOL for the most up to date resources. Nearly 160,000 people do it each month. And yes, we speak Spanish!

## GALLEY 535 MENU

For September 3-9

	BREAKFAST	LUNCH	DINNER			
<b>MONDAY</b>	Bacon Turkey Sausage Links Ham Slices Scrambled Eggs Hard Boiled Eggs Hash Brown Potatoes Blueberry Pancake Eggs to Order Assorted Individual Hot Cereals	Self Serve Breakfast Bar Fruit Cocktail Bowl Assorted Muffins Assorted Nutri-Grain Bars Assorted Yogurt	Chicken and Wild Rice Soup BBQ Spare Ribs Sesame Pineapple Teriyaki Wings Jalapeno Cheddar Dog Sour Cream & Chive Twice Baked Potato	White Cheddar Mac & Cheese Key West Blend Vegetables Corn on the Cob Apple Pie Cherry Pie Assorted Ice Cream	Seven Bean Soup Beef Stew w/ Biscuit Grilled Pork Chops Potato Bar Buttered Noodles California Blend Steamed Cabbage Salad Bar Taco Pasta Salad	Wheat Dinner Rolls Lemon Pie Reese's Peanut Butter Cookie Strawberry Jell-O
<b>TUESDAY</b>	Bacon Turkey Sausage Links Ham Slices Scrambled Eggs Hard Boiled Eggs Breakfast Cube Potatoes Cinnamon French Toast	Eggs to Order Assorted Individual Hot Cereals Self Serve Breakfast Bar Cheese Danish Assorted Nutri-Grain Bars Assorted Yogurt	Chicken Noodle Soup Smoked Turkey Leg Cheeseburger Macaroni Casserole French Fries Steamed Peas Steamed Carrots Salad Bar	Deviled Egg Potato Salad Pumpkin Mousse Oatmeal Raisin Cookie Lemon Jell-O	French Onion Soup Baked Teriyaki Chicken Western Style BBQ Beef Strips Garlic Herb Pasta w/Veggies Sour Cream Chive Dbl. Baked Potato Green Beans	Chateau Blend Vegetables Salad Bar Deviled Egg Potato Salad Wheat Dinner Rolls Brownie Oatmeal Raisin Cookie Lemon Jell-O
<b>WEDNESDAY</b>	Bacon Turkey Sausage Links Ham Slices Scrambled Eggs Hard Boiled Eggs Hash Brown Potatoes Pancakes Eggs to Order	Assorted Individual Hot Cereals Self Serve Breakfast Bar Apple Cinnamon Kringle Assorted Nutri-Grain Bars Assorted Yogurt	Chicken Tortilla Soup Tacos Chicken Carnitas Spanish Rice Nacho Chips w/ Cheese Sauce Refried Beans Catalina Blend Salad Bar	Margarita Pasta Salad Italian Cherry Cup Cinnamon Churro Cherry Jell-O	Hearty Beef Vegetable Soup Swedish Meatballs Sliced Dinner Ham Potato Bar Rice Pilaf Corn Glazed Carrots Salad Bar	Margarita Pasta Salad Wheat Dinner Rolls Coconut Crème Pie Double Chocolate Chip Cookies Cherry Jell-O
<b>THURSDAY</b>	Bacon Turkey Sausage Links Ham Slices Scrambled Eggs Hard Boiled Eggs Breakfast Cube Potatoes Waffles Eggs to Order	Assorted Individual Hot Cereals Self Serve Breakfast Bar Raspberry Danish Mandarin Fruit Bowl Assorted Nutri-Grain Bars Assorted Yogurt	Chicken w/Wild Rice Soup Southwest Tornado Pork Rib Sandwich Garlic Herb Potatoes Black Eyed Peas California Blend Vegetables Corn on the Cob	Salad Bar Sour Cream Cheddar Macaroni Salad Rice Krispy Treat Ginger Sugar Cookie Lime Jell-O	Boston Clam Chowder Soup Oven Fried Chicken Pot Roast Cheesy Rice Mashed Potato Asparagus Capri Blend Vegetables	Brown Gravy Salad Bar Sour Cream Cheddar Macaroni Salad Wheat Dinner Rolls Hawaiian Delight Ginger Sugar Cookie Lime Jell-O
<b>FRIDAY</b>	Bacon Egg Chorizo Sausage Burrito Ham Slices Scrambled Eggs Hard Boiled Eggs Hash Brown Potatoes Blueberry Pancake Eggs to Order	Assorted Individual Hot Cereals Self Serve Breakfast Bar Cinnamon Roll Kringle Assorted Nutri-Grain Bars Assorted Yogurt	Cream of Broccoli w/ Cheese Soup Baked Fish Sandwich Grilled Chicken Sandwich Tater Puffs Macaroni and Cheese Steamed Cauliflower	French Style Green Beans Salad Bar California Pasta Salad Asst. Frozen Yogurt Oatmeal Apple Cookie Orange Jell-O	Beef Sirloin w/Pasta Soup Lemon Pepper Fish Chicken Cordon Bleu Jefferson Egg Noodles Potato Bar Broccoli Au Gratin Riviera Blend Vegetables	Salad Bar California Pasta Salad Wheat Dinner Rolls Strawberry Whip Oatmeal Apple Cookie Orange Jell-O
<b>SATURDAY</b>	Continental Breakfast Bar Egg Sausage Cheese Croissant Pecan Danish Assorted Nutri-Grain Bars Assorted Yogurt	Chicken Dumpling Soup Chicken Bacon Club Sandwich Bacon Turkey Sausage Links Eggs to Order Hash Brown Potatoes French Toast Sticks	Glazed Carrots Salad Bar Dill Potato Salad Pear Bowl Chocolate Chip M&M Cookie Strawberry Jell-O	Turkey Sausage Gumbo Soup Meat Loaf Cheddar Pierogies Red Skin Mashed Potatoes Brown Gravy Sicilian Blend Vegetables	Salad Bar Dill Potato Salad Wheat Dinner Rolls Bavarian Crème Pie Chocolate Chip M&M Cookie Strawberry Jell-O	
<b>SUNDAY</b>	Continental Breakfast Bar French Toast Sausage Sandwich Peach Bowl Raspberry Kringle Assorted Nutri-Grain Bars Assorted Yogurt	Beef Pot Roast Soup Chicago Style Hot Dog Bacon Ham Slices Eggs to Order Tater Tots Baked Beans Belgian Waffles w/ Strawberry Sauce	Chateau Blend Vegetables Salad Bar Taco Pasta Salad Assorted Ice Cream Peanut Butter Cookie Lemon Jell-O	Chicken Gumbo Soup Baked Breaded Catfish Pepper Steak Cajun Rice Oven Browned Potatoes Five Way Blend Vegetables	Fried Cabbage Salad Bar Taco Pasta Salad Wheat Dinner Rolls Chocolate Mint Parfait Peanut Butter Cookie Lemon Jell-O	

The food service officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit timely use of perishable foods.

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