

August, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK			1 Roast Pork Peach Ginger Sauce Whipped Sweet Potatoes Green Beans White Roll SugarFree Gelatin cup	2 Roasted Turkey Breast Poultry Gravy Mashed Potatoes Broccoli Cuts Graham Crackers Margarine
5 Veal w/Scallopini Sauce Rosemary Potatoes Steamed Spinach Whole Wheat Bread (1) Pears	6 Sweet & Sour Pork Pears Broccoli Cuts Steamed Rice SugarFree Gelatin cup	7 Beef Patty Swiss Steak Sauce Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) SugarFree Gelatin cup	8 Breaded Chicken Patty Chuckwagon Corn Green Beans Hamburger Bun SugarFree Gelatin cup	9 Beef Stroganoff w/ Noodles Green Peas Carrots Peaches
12 Chicken Breast Fillet Poultry Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Sugar Free Pudding cup	13 Roast Beef Brown Gravy Mashed Potatoes Green Beans Whole Wheat Bread (1) SugarFree Gelatin cup	14 Diced Pork w/Noodles Mixed Vegetables Broccoli / Cauliflower Blend Whole Wheat Bread (1) no sugar added Applesauce	15 Country Meatballs Red Bliss Potatoes Carrots Whole Wheat Bread (1) Mandarin Oranges	16 Baked Chicken Thigh Steamed Spinach Chuckwagon Corn Whole Wheat Bread (1) Fruit & Grain Bar
19 Chicken w/Paprika Cream Sauce Whole Kernel Corn Glazed Carrots Whole Wheat Bread (1) Sugar Free Pudding cup	20 Breaded Fish Tartar Sauce Sour Cream & Chive Potatoes Brussels Sprouts White Roll Pears	21 Beef & Rice Patty Cabbage Mashed Potatoes Whole Wheat Bread (1) SugarFree Gelatin cup	22 Smothered Chicken Breast Sweet Potatoes Broccoli Cuts Whole Wheat Bread (1) Peaches Margarine	23 Spaghetti w/Meat Sauce Italian Blend Vegetables Green Peas SugarFree Gelatin cup
26 Chicken Breast Fillet Poultry Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Sugar Free Pudding cup	27 Roast Beef Brown Gravy Mashed Potatoes Green Beans Whole Wheat Bread (1) Mandarin Oranges	28 Chicken Fettuccine Mixed Vegetables Normandy Blend Vegetables Whole Wheat Bread (1) SugarFree Gelatin cup	29 Beef Patty Brown Gravy Red Bliss Potatoes Carrots Whole Wheat Bread (1) Pears	30 Rotisserie Style Chicken Thigh Steamed Spinach Chuckwagon Corn Whole Wheat Bread (1) Fruit & Grain Bar

**ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

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<p>THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL</p>			<p>1 CAL = 533.93 FAT = 4.27 G SODIUM = 1.92 MG FIBER = 6.82 G CARBS = 68.16 G CALCIUM = 509.48 MG</p>	<p>2 CAL = 540.12 FAT = 3.89 G SODIUM = 2.03 MG FIBER = 5.31 G CARBS = 73.38 G CALCIUM = 468.28 MG</p>
<p>5 CAL = 585.66 FAT = 7.32 G SODIUM = 1.35 MG FIBER = 11.2 G CARBS = 74.53 G CALCIUM = 537.6 MG</p>	<p>6 CAL = 647.77 FAT = 8.98 G SODIUM = 2.26 MG FIBER = 6.16 G CARBS = 74.13 G CALCIUM = 554 MG</p>	<p>7 CAL = 570.42 FAT = 2.6 G SODIUM = 2.01 MG FIBER = 7.34 G CARBS = 63.94 G CALCIUM = 471.1 MG</p>	<p>8 CAL = 538.71 FAT = 1.54 G SODIUM = 1.04 MG FIBER = 7.36 G CARBS = 73.09 G CALCIUM = 418.9 MG</p>	<p>9 CAL = 579.41 FAT = 2.59 G SODIUM = 1.56 MG FIBER = 11.99 G CARBS = 61.94 G CALCIUM = 423.94 MG</p>
<p>12 CAL = 476.67 FAT = 1.43 G SODIUM = 1.15 MG FIBER = 10.54 G CARBS = 61.97 G CALCIUM = 375.64 MG</p>	<p>13 CAL = 566.74 FAT = 2.06 G SODIUM = 1.79 MG FIBER = 5.06 G CARBS = 62.62 G CALCIUM = 452.18 MG</p>	<p>14 CAL = 616.37 FAT = 1.46 G SODIUM = 101.21 MG FIBER = 9.28 G CARBS = 71.13 G CALCIUM = 386.2 MG</p>	<p>15 CAL = 616.21 FAT = 1.53 G SODIUM = 101.74 MG FIBER = 9.19 G CARBS = 76.62 G CALCIUM = 369.16 MG</p>	<p>16 CAL = 648.06 FAT = 1.9 G SODIUM = 101.3 MG FIBER = 8.72 G CARBS = 73.78 G CALCIUM = 456.8 MG</p>
<p>19 CAL = 488.72 FAT = 1.93 G SODIUM = 1.2 MG FIBER = 8.22 G CARBS = 71.52 G CALCIUM = 395.07 MG</p>	<p>20 CAL = 612.08 FAT = 6.85 G SODIUM = 1.73 MG FIBER = 8.64 G CARBS = 78.99 G CALCIUM = 366.65 MG</p>	<p>21 CAL = 641.73 FAT = 2.05 G SODIUM = 101.76 MG FIBER = 6.04 G CARBS = 71.77 G CALCIUM = 426.84 MG</p>	<p>22 CAL = 529.45 FAT = 3.22 G SODIUM = 101.19 MG FIBER = 6.18 G CARBS = 74.19 G CALCIUM = 371.08 MG</p>	<p>23 CAL = 536.93 FAT = 4.74 G SODIUM = 1.83 MG FIBER = 11.88 G CARBS = 63.09 G CALCIUM = 513.09 MG</p>
<p>26 CAL = 476.67 FAT = 1.43 G SODIUM = 1.15 MG FIBER = 10.54 G CARBS = 61.97 G CALCIUM = 375.64 MG</p>	<p>27 CAL = 607.8 FAT = 2.07 G SODIUM = 1.95 MG FIBER = 5.93 G CARBS = 73.53 G CALCIUM = 464.63 MG</p>	<p>28 CAL = 517.89 FAT = 1.68 G SODIUM = 1.5 MG FIBER = 9.98 G CARBS = 68.44 G CALCIUM = 466.56 MG</p>	<p>29 CAL = 552.88 FAT = 1.53 G SODIUM = 1.61 MG FIBER = 9.61 G CARBS = 69.63 G CALCIUM = 369.49 MG</p>	<p>30 CAL = 694.43 FAT = 2.9 G SODIUM = 2.53 MG FIBER = 9.1 G CARBS = 74.85 G CALCIUM = 663.85 MG</p>

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES