

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 Fruit & Grain Bar	2 Roasted Turkey Breast Poultry Gravy Mashed Potatoes Broccoli Cuts Whole Wheat Bread (1) Graham Crackers
5 Veal w/Scallopini Sauce Rosemary Potatoes Steamed Spinach Whole Wheat Bread (1) LD Star Crunch	6 Sweet & Sour Pork Grape Juice 6 oz. Broccoli Cuts Steamed Rice LD Oatmeal Cookie	7 Beef Patty Swiss Steak Sauce Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Mixed Fruit	8 Breaded Chicken Patty Chuckwagon Corn Green Beans Hamburger Bun Fruit & Grain Bar	9 Beef Stroganoff w/ Noodles Green Peas Carrots Whole Wheat Bread (1) Peaches
12 Chicken Breast Fillet Poultry Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) LD Fudge Round	13 Roast Beef Brown Gravy Mashed Potatoes Green Beans Whole Wheat Bread (1) LD Star Crunch	14 Diced Pork w/Noodles Mixed Vegetables Broccoli / Cauliflower Blend Whole Wheat Bread (1) Applesauce	15 Country Meatballs Carrots Red Bliss Potatoes 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) Fruit & Grain Bar	20 Breaded Fish Tartar Sauce Sour Cream & Chive Potatoes Brussels Sprouts White Roll Pineapple Tidbits	21 Beef & Rice Patty Cabbage Mashed Potatoes Whole Wheat Bread (1) Spiced Peaches	22 Smothered Chicken Breast Sweet Potatoes Broccoli Cuts Whole Wheat Bread (1) LD Oatmeal Cookie	23 Spaghetti w/Meat Sauce Italian Blend Vegetables Green Peas Whole Wheat Bread (1) Pears
26 Chicken Breast Fillet Poultry Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) LD Fudge Round	27 Roast Beef Brown Gravy Mashed Potatoes Green Beans Whole Wheat Bread (1) LD Star Crunch	28 Chicken Fettuccine Mixed Vegetables Normandy Blend Vegetables Whole Wheat Bread (1) LD Oatmeal Cookie	29 Beef Patty Brown Gravy Red Bliss Potatoes Carrots Whole Wheat Bread (1) Mixed Fruit	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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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL			1 CAL = 668.05 FAT = 4.64 G SODIUM = 2.12 MG FIBER = 8.15 G CARBS = 93.18 G CALCIUM = 564.24 MG	2 CAL = 576.18 FAT = 2.06 G SODIUM = 2.03 MG FIBER = 6.31 G CARBS = 86.34 G CALCIUM = 515.81 MG
5 CAL = 700.28 FAT = 7.31 G SODIUM = 1.32 MG FIBER = 9.31 G CARBS = 87 G CALCIUM = 535.06 MG	6 CAL = 893.14 FAT = 8.98 G SODIUM = 2.31 MG FIBER = 4.46 G CARBS = 117.99 G CALCIUM = 571.33 MG	7 CAL = 634.39 FAT = 2.62 G SODIUM = 2.08 MG FIBER = 8.55 G CARBS = 81.01 G CALCIUM = 484.41 MG	8 CAL = 672.83 FAT = 1.91 G SODIUM = 1.24 MG FIBER = 8.69 G CARBS = 98.11 G CALCIUM = 473.66 MG	9 CAL = 662.62 FAT = 2.6 G SODIUM = 1.56 MG FIBER = 13.01 G CARBS = 78.85 G CALCIUM = 465.28 MG
12 CAL = 556.67 FAT = 1.43 G SODIUM = 1.15 MG FIBER = 8.6 G CARBS = 70.97 G CALCIUM = 393.64 MG	13 CAL = 711.74 FAT = 2.06 G SODIUM = 1.79 MG FIBER = 5.12 G CARBS = 83.62 G CALCIUM = 458.18 MG	14 CAL = 616.37 FAT = 1.46 G SODIUM = 101.21 MG FIBER = 9.28 G CARBS = 71.13 G CALCIUM = 603.55 MG	15 CAL = 616.21 FAT = 1.53 G SODIUM = 101.74 MG FIBER = 9.19 G CARBS = 76.62 G CALCIUM = 382.99 MG	16 CAL = 679.75 FAT = 3.69 G SODIUM = 101.3 MG FIBER = 8.55 G CARBS = 73.57 G CALCIUM = 641.9 MG
19 CAL = 557.84 FAT = 2.3 G SODIUM = 1.4 MG FIBER = 7.55 G CARBS = 83.54 G CALCIUM = 449.83 MG	20 CAL = 651.4 FAT = 6.85 G SODIUM = 1.82 MG FIBER = 7.69 G CARBS = 89.01 G CALCIUM = 365.58 MG	21 CAL = 707.6 FAT = 2.06 G SODIUM = 101.82 MG FIBER = 7.6 G CARBS = 89.66 G CALCIUM = 674.27 MG	22 CAL = 610.95 FAT = 1.38 G SODIUM = 101.13 MG FIBER = 4.63 G CARBS = 85.8 G CALCIUM = 508.35 MG	23 CAL = 673.46 FAT = 4.75 G SODIUM = 1.86 MG FIBER = 14.89 G CARBS = 94.13 G CALCIUM = 570.49 MG
26 CAL = 556.67 FAT = 1.43 G SODIUM = 1.15 MG FIBER = 8.6 G CARBS = 70.97 G CALCIUM = 393.64 MG	27 CAL = 711.74 FAT = 2.06 G SODIUM = 1.79 MG FIBER = 5.12 G CARBS = 83.62 G CALCIUM = 458.18 MG	28 CAL = 682.89 FAT = 1.68 G SODIUM = 1.5 MG FIBER = 10.04 G CARBS = 93.44 G CALCIUM = 471.56 MG	29 CAL = 586.47 FAT = 1.54 G SODIUM = 1.65 MG FIBER = 8.87 G CARBS = 78.17 G CALCIUM = 374.26 MG	30 CAL = 694.43 FAT = 2.9 G SODIUM = 2.53 MG FIBER = 9.1 G CARBS = 74.85 G CALCIUM = 663.85 MG

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