

August, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK			1 Oriental Shoyu Chicken Whole Kernel Corn Zucchini w/ Red Peppers Rice Pilaf Mandarin Oranges	2 Roast Beef Brown Gravy Mashed Potatoes Green Beans Multigrain Bread LD Devil Squares Margarine
5 Chicken Cordon Bleu Green Peas Yellow Squash w/Tomatoes Whole Wheat Dinner Roll Pears Margarine	6 Ham w/ White Beans Seasoned Collard Greens Grape Juice 6 oz. Cornbread Apple Cobbler Margarine	7 New England Beef & Potatoes Stewed Tomatoes Brussels Sprouts Multigrain Bread Orange Juice 6 oz.	8 Chicken LoMein Oriental Blend Vegetables Creamed & Whole Kernel Corn Rye Bread Mixed Fruit	9 Meatloaf Brown Gravy Mashed Potatoes Broccoli / Cauliflower Blend Whole Wheat Dinner Roll LD Oatmeal Cookie
12 Chicken Divan Casserole Sweet Potatoes Mixed Vegetables Multigrain Bread Apple Juice 6 oz. Margarine	13 Beef Macaroni w/Tomato Green Beans Whole Kernel Corn Whole Wheat Dinner Roll Pineapple Tidbits Margarine	14 White Bean Chicken Chili Broccoli Cabbage Whole Wheat Bread LD Chocolate Chip Crème Pie Margarine	15 Swiss Style Beef Patty Mashed Potatoes Zucchini & Summer Squash White Dinner Roll Blueberry Cake	16 Breaded Fish Tartar Sauce Green Peas & Carrots Stewed Tomatoes Whole Wheat Bread Peaches
19 Italian Meatball Hoagie Tomato Sauce Italian Blend Vegetables Chuckwagon Corn Hoagie Bun Mandarin Oranges	20 Ham & Vegetable Frittata O'Brien Potatoes Escaloped Apples Biscuit Grape Juice 6 oz. Margarine	21 Chicken Breast Fillet Marsala Sauce Green Peas Apple Juice 6 oz. Penne Pasta LD Raisin Crème Pie Margarine	22 Shepherd's Pie Green Beans Harvard Beets Whole Wheat Bread Applesauce Margarine	23 BBQ Pulled Pork Fiesta Potatoes Broccoli Cuts Hamburger Bun Coconut Bar
26 Sliced Ham Cherry Sauce Sweet Potatoes Steamed Spinach Whole Wheat Dinner Roll Fruit & Grain Bar	27 Hot Dog w/ Chili Baked Beans Grape Juice 6 oz. Hot Dog Bun Spiced Apple Slices	28 A-1 Chopped Steak Brown Gravy Mashed Potatoes Seasoned Green Beans Rye Bread Pineapple Tidbits Margarine	29 Chicken Parmesan Penne Pasta Italian Blend Vegetables Apple Juice 6 oz. Garlic Bread LD Banana Marshmallow Pie	30 Tuna & Noodles Green Peas Carrots Whole Wheat Dinner Roll Peach Crisp

**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 = 575.77 FAT = 11.21 G SODIUM = 447.23 MG FIBER = 5.96 G CARBS = 78.6 G CALCIUM = 365.8 MG</p>	<p>2 CAL = 844.79 FAT = 29.43 G SODIUM = 853.63 MG FIBER = 5.26 G CARBS = 101.03 G CALCIUM = 483.56 MG</p>
<p>5 CAL = 612.41 FAT = 20.23 G SODIUM = 595.56 MG FIBER = 9.42 G CARBS = 64.06 G CALCIUM = 427 MG</p>	<p>6 CAL = 956.68 FAT = 21.97 G SODIUM = 1079.4 MG FIBER = 13.58 G CARBS = 158.96 G CALCIUM = 722.91 MG</p>	<p>7 CAL = 634.32 FAT = 16.63 G SODIUM = 714.16 MG FIBER = 9.09 G CARBS = 80.35 G CALCIUM = 410.31 MG</p>	<p>8 CAL = 616.3 FAT = 8.75 G SODIUM = 762.96 MG FIBER = 10.59 G CARBS = 106.93 G CALCIUM = 388.66 MG</p>	<p>9 CAL = 775.5086 FAT = 31.7804 G SODIUM = 907.5936 MG FIBER = 4.881 G CARBS = 77.5192 G CALCIUM = 479.2132 MG</p>
<p>12 CAL = 808.29 FAT = 24.07 G SODIUM = 858.34 MG FIBER = 9.31 G CARBS = 100.37 G CALCIUM = 627.41 MG</p>	<p>13 CAL = 717.71 FAT = 24.14 G SODIUM = 750.19 MG FIBER = 8.58 G CARBS = 87 G CALCIUM = 432.29 MG</p>	<p>14 CAL = 613.58 FAT = 22.97 G SODIUM = 730.9 MG FIBER = 10.99 G CARBS = 77.07 G CALCIUM = 452.68 MG</p>	<p>15 CAL = 793.77 FAT = 28.33 G SODIUM = 1139.02 MG FIBER = 4.9 G CARBS = 94.72 G CALCIUM = 564.87 MG</p>	<p>16 CAL = 613.31 FAT = 21.03 G SODIUM = 774.1 MG FIBER = 10.52 G CARBS = 71.81 G CALCIUM = 465.07 MG</p>
<p>19 CAL = 702.27 FAT = 20.18 G SODIUM = 468.13 MG FIBER = 7.47 G CARBS = 72.67 G CALCIUM = 385 MG</p>	<p>20 CAL = 923.47 FAT = 34.77 G SODIUM = 1174.47 MG FIBER = 5.82 G CARBS = 120.76 G CALCIUM = 763.55 MG</p>	<p>21 CAL = 777.53 FAT = 20.65 G SODIUM = 655.67 MG FIBER = 8.61 G CARBS = 99.63 G CALCIUM = 362.48 MG</p>	<p>22 CAL = 639.64 FAT = 19.4 G SODIUM = 915.14 MG FIBER = 9.04 G CARBS = 91.99 G CALCIUM = 483.9 MG</p>	<p>23 CAL = 877.16 FAT = 30.66 G SODIUM = 1125 MG FIBER = 6.56 G CARBS = 99.93 G CALCIUM = 497.13 MG</p>
<p>26 CAL = 628.86 FAT = 14.7 G SODIUM = 1019.49 MG FIBER = 8.98 G CARBS = 89.76 G CALCIUM = 711.61 MG</p>	<p>27 CAL = 876.36 FAT = 24.01 G SODIUM = 977.42 MG FIBER = 14.68 G CARBS = 123.63 G CALCIUM = 437.16 MG</p>	<p>28 CAL = 662.5354 FAT = 26.4212 G SODIUM = 866.058 MG FIBER = 4.0116 G CARBS = 81.1314 G CALCIUM = 481.1556 MG</p>	<p>29 CAL = 818.32 FAT = 18.93 G SODIUM = 735.15 MG FIBER = 6.96 G CARBS = 116.41 G CALCIUM = 411.94 MG</p>	<p>30 CAL = 768.73 FAT = 15.36 G SODIUM = 844.39 MG FIBER = 12.55 G CARBS = 111.18 G CALCIUM = 564.23 MG</p>

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