

August 2017

Mon	Tue	Wed	Thu	Fri
	1 COOK'S CHOICE	2 2 BBQ Chicken Mashed Potatoes, Cucumber Salad, Biscuit, Pudding 2% Milk	6 Sloppy Joe / bun Cole Slaw Baked Beans Fruit, Cookie 2% Milk	4 Tomato Soup Ham Sandwich with Cheese, Lettuce and Tomatoes Apricots, 2% Milk
7 Great Northern Beans Chopped onions Cornbread Spinach Fruit, 2% Milk	11 Taco Salad, Chips, Lettuce, Tomato, Sour Cream, cheese, Onions, Corn, Pudding, 2% Milk	9 Hot Dog w/ Chili Cole Slaw, Baked Beans Fruit, Cookie 2% Milk	10 Hamburger / bun Tomato, Lettuce, Onion Potato Wedges, Peas, Fruit, 2% Milk	11 Chicken Wing Dings Parsley Potatoes Green Beans, WW Bread Pudding, 2% Milk
14 Pinto Beans Hash Browns Fruit cocktail Cornbread, 2% Milk	15 BBQ & Bun Cole Slaw, Potato Wedges Pudding, Cookie, 2 % Milk	16 Festive Meal Oven Baked Chicken Mashed Potatoes Green Beans Biscuits, Cake Jell-O W/ Fruit 2% Milk	17 Lasagna Cole Slaw, Garlic Bread Fruit, 2% Milk	18 Stuffed Cabbage Parsley Potatoes Corn WW Bread Pudding, 2% Milk
21 MIXED BEANS GREENS CORNBREAD FRUIT 2% MILK	22 Hot Dog w/Chili, Cole Slaw, onions, Oven Fries, Baked Beans Pudding 2% Milk	23 Pork Chop Au-gratin Potatoes Green Beans WW Bread 2% Milk	24 Scrambled Eggs Hash Br Potatoes Sausage Gravy Biscuit Applesauce, 2% Milk	25 Pulled Chicken & Gravy over Rice Green Beans WW Bread Fruit 2% Milk
28 Navy Beans Cornbread, Kraut & wieners Chopped Onions Fruit, 2% Milk	29 Glazed Ham, Yams, Green Beans, WW Roll, Fruit 2% Milk	30 Beef / gravy & noodles Carrots WW Bread Pudding, 2% Milk	31 COOK'S CHOICE	All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus.</u>