



AUGUST 2018



Monday	Tuesday	Wednesday	Thursday	Friday
6 Chili Beans With Meat Wheat Crackers Homemade Cole Slaw Zucchini Sliced Pears Milk	7 Chicken Enchilada With White Sauce Broccoli Corn Apricot Halves Milk	8 Cheese Omelette Muffin Potato Bakes Stewed Tomatoes Watermelon Milk	9 Lasagna With Meat Sauce (Pasta) Mixed Veggies Romaine Orange Milk	10 Honey Mustard Chix Salad Dinner Roll Homemade Carrot Salad Tomato Wedges Banana Milk
13 Garbanzo Bean Casserole (Rice) Parslied Carrots Pickled Beets Mandarin Oranges & Pineapp Milk	14 Spaghetti With Meat Sauce (Pasta) Cooked Seasoned Spinach Romaine Salad Honeydew Melon Milk	15 Sweet And Sour Meatballs Rice Peas Homemade Cole Slaw Birthday Muffin, Fruit Cocktail Milk	16 Chix Leg In Wine Sauce Oatmeal Cookie Mashers Winter Mix Veggies Peaches Milk	17 Tuna Salad Bread Corn Salad Tomatoes Apple Milk
20 Chicken Patty With Gravy Brown Rice Broccoli 3 Bean Salad Apricot Halves Milk	21 Italian Noodle Casserole Italian Blend Veggies Coleslaw Pears Milk	22 Beef Hamburger With Fixins Whole Wheat Hamburger Bun Tomato Slices Succotash Banana Milk	23 Cheese Enchiladas In Red Sauce Cauliflower Homemade Carrot Salad Pineapple Tidbits Milk	24 Oriental Chicken Salad (Noodles) Homemade Carrot Salad Pickled Beets Cantaloupe Milk
27 Breaded Haddock Graham Crackers Baked Potatoes CA Blend Veggies Fruit Cocktail Milk	28 Swedish Meatballs Whole Wheat Pasta Green Beans Coleslaw Peaches Milk	29 Hungarian Goulash Brussels Sprouts Carrot Salad Applesauce Milk	30 Cheese Ravioli With Chicken In White Sauce Mixed Veggies Cooked Seasoned Spinach Watermelon Milk	31 Black Eyed Peas W HB Eggs WW Crackers Tomato Wedges Romaine Lettuce Salad Mandarine Oranges & Pineapp Milk

Please make your meal reservations or cancellations two working days ahead.

NOTE: U.S. Dietary Guidelines recommend that we consume fewer than 2300 mg of sodium a day. Meals on this menu marked with contain over 1000 mg of sodium. We are still researching the sodium content of our recipes and attempting to reduce the sodium content of the meals. Try to balance your sodium intake throughout the rest of the day.