

August 2020 Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak (458) Wpd Potato (109) Summer Squash (6) Dessert, Rye Bread (171) Cal: 767; NA: 1075; Carb: 101	4 Tarragon Chicken (80) Farro (20), Carrots (65) Dessert, Roll (270) Cal:716; Na: 825; Carb:87	5 Salmon (67) Calypso Sce (10) Rice Pilaf (93) Broccoli (32) Dessert, MG Bread (138) Cal: 623; Na: 505; Carb: 90	6 BBQ Chicken (489) Brussel Sprouts (12) Sweet Potato (104) Dessert, Corn Bread (236) Cal: 665; Na: 1060; Carb: 92	7 Lasagna (290) Marinara Sauce (194) Spinach Kale (112) Dessert Oatmeal Brd (142) Cal: 576; Na:895; Carb:91
10 Chicken Cordon Bleu (764)* Supreme Sauce (18) Squash (24) Brussel Sprouts (12) Dessert, Oatmeal Brd (142) Cal: 949; NA: 1237; Carb: 101	11 American Chop Suey (316) Spinach (118), Dessert, Wheat Bread (138) Cal: 717; Na: 726; Carb: 91	12 Low Sodium Sausage (420) Onions Peppers (22) Potatoes (121) Mixed Veg (24), Dessert Wheat Roll (250) Cal: 873; Na: 1006; Carb: 84	13 Beef Stir Fry w/ Veggies (298) Fried Rice (110) Dessert Snack n' Loaf (160) Cal: 822; Na: 730; Carb: 118	14 Caprese Chicken (152) Pasta (68), Peas (20) Dessert, Scali Bread (97) Cal: 748; Na: 581; Carb:116
17 Sweet & Sour Pork (311) Rice (4) Carrots & Cabbage (187) Dessert Wheat Bread (138) Cal: 757; Na: 979; Carb: 93	18 Chicken Picatta (406) Pasta (20) Broccoli (32) Dessert Wheat Bread (138) Cal: 673; Na: 765; Carb: 90	19 Mac & Cheese (285) Stewed Tomatoes (32) Mixed Veg (24) Dessert Oatmeal Brd (142) Cal: 730; Na: 915; Carb: 102	20 Turkey (418) Gravy (31) Potatoes (109) Veg Blend (24) Dessert White Bread (121) Cal: 646; Na: 1018; Carb: 72	21 Stuffed Pepper (358) Au Gratin Potatoes (142) Dessert Scali Bread (97) Cal: 819; Na: 966; Carb: 86
24 Hot Dog (540)* Baked Beans (140) Carrots (65) Dessert Hot Dog Roll (270) Cal: 743; Na: 1264; Carb: 87	25 Chick Parmesan (232) Sauce (194), Green Beans (5), Pasta (3) Dessert, Scali Bread (97) Cal: 691; Na: 700; Carb: 92	26 Baked Fish (300) Tartar Sauce (85) Sweet Potato (104) Broccoli (32), Dessert WG Roll (138) Cal: 854; Na: 1070; Carb: 107	27 Chicken Pot Pie (570)* Red Potatoes (5) Dessert, MG Roll (138) Cal: 788; Na: 1040; Carb: 110	28 Meatballs (187) Pasta (20), Marinara (194) Zucchini (10), Dessert Oatmeal Brd (142) Cal: 711; Na: 776 Carb: 99
31 Teriyaki Meatballs (556)* Rice (4), Veggies (10) Dessert, Snack n' Loaf (160) Cal: 748; Na: 886; Carb: 103				