


# August 2018

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
|--|---|--|--|--|--|---------------|-----|------------------|-----|--------------|-----|------------------------|-----|-------------------|-----|-------------|--|---|---|---|
|   | <p style="text-align: center;"><b>Nutrition Facts</b></p> <table border="0"> <tr> <td><b>Average Per Meal</b></td> <td><b>% Daily Value*</b></td> </tr> <tr> <td>Calories 650</td> <td></td> </tr> <tr> <td>Total Fat 18g</td> <td>28%</td> </tr> <tr> <td>Cholesterol 85mg</td> <td>28%</td> </tr> <tr> <td>Sodium 850mg</td> <td>37%</td> </tr> <tr> <td>Total Carbohydrate 88g</td> <td>29%</td> </tr> <tr> <td>Dietary Fiber 6gm</td> <td>23%</td> </tr> <tr> <td>Protein 35g</td> <td></td> </tr> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet</small></p> | <b>Average Per Meal</b>  | <b>% Daily Value*</b>  | Calories 650   |  | Total Fat 18g | 28% | Cholesterol 85mg | 28% | Sodium 850mg | 37% | Total Carbohydrate 88g | 29% | Dietary Fiber 6gm | 23% | Protein 35g |  | <p><b>1</b> Rib B Que<br/>Scalloped Potatoes<br/>Cauliflower<br/>Whole Wheat Bread<br/>Mandarin Oranges</p> | <p><b>2</b> Greek Lemon Chicken<br/>Rice Pilaf<br/>Spinach<br/>Dinner Roll<br/>Asst. Pudding w/Topping*</p> | <p><b>3</b> <b><u>COLD PLATE</u></b><br/>Sliced Ham &amp; Cheese<br/>On Leafy Lettuce<br/>Hearty Potato Salad<br/>Cucumber &amp; Chick Pea Salad<br/>Rye Bread<br/>Sliced Pears</p> |
| <b>Average Per Meal</b>  | <b>% Daily Value*</b>   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| Calories 650   |   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| Total Fat 18g  | 28%   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| Cholesterol 85mg   | 28%   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| Sodium 850mg   | 37%   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| Total Carbohydrate 88g   | 29%   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| Dietary Fiber 6gm  | 23%   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| Protein 35g  |   |  |  |  |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| <p><b>6</b> Italian Sausage with Peppers and Onions<br/>Oven Brown Potatoes<br/>Italian Green Beans<br/>Italian Bread<br/>Peaches</p>          | <p><b>7</b> Oven Brown Chicken w/Gravy<br/>Au Gratin Potatoes<br/>Zucchini &amp; Tomatoes<br/>Whole Wheat Bread<br/>Chocolate Mousse*</p>   | <p><b>8</b> Sweet &amp; Sour Meatballs<br/>Fluffy Rice<br/>Broccoli/Cauliflower<br/>Rye Bread<br/>Mandarin Orange Fruit Cup</p>            | <p><b>9</b> <b><u>COLD PLATE</u></b><br/>Tuna Salad<br/>On Lettuce Leaf<br/>Pasta Salad<br/>Tomato/Cucumber Salad<br/>Whole Wheat Bread<br/>Coconut Cream Pudding*</p> | <p><b>10</b> <b><u>HAPPY BIRTHDAY</u></b><br/>Roast Pork w/Gravy<br/>Mashed Potatoes<br/>Dill Carrots<br/>Dinner Roll<br/>Birthday Cake*</p>           |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| <p><b>13</b> Vegetable Lasagna<br/>Roll Up w/ Tomato Sauce<br/>Cut Green Beans<br/>Fruit Juice<br/>Whole Wheat Bread<br/>Pineapple Tidbits</p> | <p><b>14</b> Salisbury Steak with Gravy<br/>Mashed Potatoes<br/>Corn<br/>Rye Bread<br/>Fresh Fruit</p>  | <p><b>15</b> Hawaiian Chicken w/Pineapple Salsa<br/>Long Grain &amp; Wild Rice<br/>Mixed Vegetables<br/>Whole Wheat Bread<br/>Apricots</p> | <p><b>16</b> Spaghetti &amp; Meatballs<br/>Sweet Peas<br/>Garden Salad<br/>W/Dressing<br/>Italian Bread<br/>Fruit Cup w/ melon</p>                                     | <p><b>17</b> <b><u>COLD PLATE</u></b><br/>Seafood Salad<br/>On Leafy Lettuce<br/>Coleslaw<br/>3 Bean Salad<br/>Breadstick<br/>Cinnamon Coffee Cake</p> |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| <p><b>20</b> Spanish Rice<br/>Brussel Sprouts<br/>Fruit Juice<br/>Corn Bread<br/>Lemon Pudding Topping *</p>                                   | <p><b>21</b> Oven Brown Chicken Breast<br/>Sweet Potatoes<br/>Green Beans<br/>Whole Wheat Bread<br/>Sl. Pears</p>   | <p><b>22</b> Swedish Meatballs<br/>Buttered Noodles<br/>Carrots<br/>Dinner Roll<br/>Cookie*</p>  | <p><b>23</b> Italian Wedding Soup<br/>Egg Salad<br/>Confetti Rice Salad<br/>Crackers [2]<br/>Warm Apple Crisp</p>  | <p><b>24</b> Sl. Turkey w/Gravy<br/>Mashed Potatoes<br/>Butternut Squash<br/>Whole Wheat Bread<br/>Fresh Melon Cup</p>                                 |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |
| <p><b>27</b> Chicken Parmesan<br/>Pasta w/ Sauce<br/>Broccoli<br/>Italian Bread<br/>Chilled Fruit Cup</p>                                      | <p><b>28</b> Oven Brown Fish<br/>Macaroni &amp; Cheese<br/>Zucchini &amp; Tomatoes<br/>Whole Wheat Bread<br/>Lemon Mousse*</p>  | <p><b>29</b> Meatloaf w/Gravy<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>Rye Bread<br/>Butterscotch Pudding w/Topping*</p>               | <p><b>30</b> Mushroom Stew<br/>Seasoned Noodles<br/>Sliced Carrots<br/>Whole Wheat Bread</p>   | <p><b>31</b> Baked Ham With Fruit Sauce<br/>Sweet Potatoes<br/>Cauliflower<br/>Whole Wheat Bread<br/>Sliced Peaches</p>                                |  |               |     |                  |     |              |     |                        |     |                   |     |             |  |   |   |   |