



August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Facts Average Per Meal % Daily Value* Calories 610 Total Fat 17g 26% Cholesterol 85mg 8% Sodium 990mg 41% Total Carbohydrate 71g 4% Dietary Fiber 7gm 27% Protein 43g *Percent Daily Values are based on a 2,000 calorie diet.</p>			<p>¹ Hot Dog w/Sauerkraut Baked Beans Potato Salad Hot Dog Bun Fruit Cup</p>	<p>² Corn Chowder Egg Salad 3 Bean Salad White Bread Warm Spiced Peaches</p>
<p>⁵ Macaroni & Cheese Stewed Tomatoes Fruit Juice Whole Wheat Bread Apricots</p>	<p>⁶ Ground Beef Stroganoff Seasoned Noodles Peas & Onions Whole Wheat Bread Cookie*</p>	<p>⁷ Baked Chicken w/Gravy Stuffing Broccoli Dinner Roll Chocolate Mousse</p>	<p>⁸ Sliced Roast Pork w/ Sweet & Sour Sauce Brown Rice Buttered Corn Rye Bread Fresh Fruit Cup</p>	<p>⁹ Oven Baked Fish Cheesy Mashed Po- tatoes Sliced Carrots Dinner Roll Fruited Jell-O w/Topping*</p>
<p>¹² Oriental Chicken Brown Rice Oriental Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>¹³ Salisbury Steak with Gravy Mashed Potatoes Harvard Beets White Bread Cinnamon Pears</p>	<p>¹⁴ Sliced Turkey on a bed of greens Macaroni Salad 3-Bean Salad Whole Wheat Bread Watermelon</p>	<p>¹⁵ Kielbasa Hot German Potato Salad Steamed Cabbage Hot Dog Roll Banana Pudding*</p>	<p>¹⁶ Spaghetti & Meat- balls Cut Green Beans Tossed Salad w/Dressing Italian Bread Fruit Cocktail</p>
<p>¹⁹ Fish Sandwich w/Cheese Tater Tots Zucchini & Tomato Hamburger Bun Lemon Pudding w/Topping*</p>	<p>²⁰ Italian Sausage w/Peppers & Onions Oven Brown Parme- san Potatoes Italian Green Beans Hot Dog Bun</p>	<p>²¹ HAPPY BIRTHDAY John's Homemade Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables White Bread Birthday Cake*</p>	<p>²² BBQ Chicken Thigh Red Bliss Potatoes Cole Slaw Corn Muffin Chocolate Pudding</p>	<p>²³ Beef & Barley Soup Tortellini Salad w/Broccoli Fruit Juice Breadstick Warm Fruit Crisp</p>
<p>²⁶ Swedish Meatballs Buttered Noodles Dill Carrots Whole Wheat Bread Strawberry Shortcake w/Topping*</p>	<p>²⁷ Seafood Salad Pickled Beet Salad Macaroni Salad Whole Wheat Bread Vanilla Pudding W/Fruit*</p>	<p>²⁸ Sliced Ham w/Pineapple Sauce Sweet Potatoes Succotash Rye Bread Fresh Fruit</p>	<p>²⁹ Goulash Cauliflower Green Salad Italian Bread Apricots</p>	<p>³⁰ Rib B Que Oven Brown Pota- toes Summer Squash White Bread Cinnamon Streusel Cake*</p>