

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Sausage Northern Beans California Vegetable Blend Hot Dog Bun Fruit Cup Mustard	2 Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit	3 Turkey Ham Mac & Cheese Black-eyed Peas Collard Greens Dinner Roll Fresh Fruit	4 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato /Cheese Flour Tortilla Fresh Fruit Taco Sauce
7 Creole Steak Garlic Whipped Potato Garden Vegetables Dinner Roll Fruit Cup	8 Chicken Noodle Au Gratin Whole Kernel Corn Green Beans Saltine Crackers Fruit Cup	9 Meatballs/ Mushroom Gravy Yellow Rice Mixed Beans Dinner Roll Fresh Fruit	10 Garlic Rosemary Chicken Lima Beans Mustard Greens Wheat Bread Fresh Fruit	11 Italian Mac Green Peas Broccoli and Carrots Wheat Bread Fresh Fruit
14 Meatloaf Brown Gravy Whipped Potatoes Orange Carrots Wheat Bread Fruit Cup	15 Turkey Ham/White Beans Kernel Corn Spring Vegetables Dinner Roll Fruit Cup	16 Hamburger Patty Baked Pinto Beans Tomato/Lettuce Hamburger Bun Mixed Fruit Cobbler Mustard Ketchup	17 Smothered Chicken Thigh Confetti Rice Herbed Green Beans Dinner Roll Fresh Fruit	18 Cheesy Meat Casserole Lima Beans Mixed Greens Dinner Roll Fresh Fruit
21 Meatballs/Spaghetti Sauce Spaghetti Noodles Summer Vegetables Wheat Bread Fruit Cup	22 Chicken Rice Casserole Green Beans Okra & Tomatoes Dinner Roll Fruit Cup	23 BBQ Rib Patty Red Beans/Rice Peas & Carrots Dinner Roll Fresh Fruit	24 Orange Glazed Chicken Delmonico Potatoes Mixed Vegetables Dinner Roll Fresh Fruit	25 Beef Fiesta Mac Pinto Beans Whole Kernel Corn Wheat Bread Fresh Fruit
28 Chicken Tetrizzini Glazed Carrots Brussel Sprouts Dinner Roll Fruit Cup	29 Pork Sausage Northern Beans California Vegetable Blend Hot Dog Bun Fruit Cup Mustard	30 Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit	31 Turkey Ham Mac & Cheese Black-eyed Peas Collard Greens Dinner Roll Fresh Fruit	Low Fat Milk Available With Each Meal

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.