

**Please sign up on the  
Nutrition Board**

**AUGUST**

**To cancel please call the  
Office at 633-5138**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5</b> Cheese Omelet with Cheese Sauce Hash Brown Potato Peppers, Onions & Tomatoes Raisin Bread Fresh Nectarine (746)	<b>6</b> Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Breakaway Roll Cinnamon Pear Crisp (775)	<b>7</b> Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli Chef Salad with Dressing Split Top Roll Peach Bavarian (744)	<b>8</b> Breaded Pork Chop with Gravy Lazy Pierogi Carrots Dinner Roll Pineapple & Mandarin Oranges (679)	<b>9 ENTRÉE SALAD</b> Cranberry Chicken Salad Chef Salad with Classique Dressing Cherry Tomatoes Whole Grain Crackers Melon Cup Medley (630)
<b>12</b> Breaded Chicken Breast with Herb Gravy Roasted Red Skin Potatoes French Bean Medley Dinner Roll Fresh Watermelon Chocolate Milk (579)	<b>13</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Italian Cookies (734)	<b>14</b> Pork Ribette with BBQ Sauce Scalloped Potatoes Peas with Red Pepper Dinner Roll Chocolate Bavarian (865)	<b>15</b> Herb Crusted Tilapia Zucchini with Diced Tomatoes Orange Juice Broccoli Cheese Rice Casserole Ice Cream (763)	<b>16</b> Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit Cocktail (792)
<b>19</b> Beef Stew Brussels Sprouts Biscuit Lorna Doones (698)	<b>20</b> Turkey Breast with Gravy & Cranberry Sauce Mashed Potatoes Green Bean Casserole Wheat Bread Strawberry Bavarian (621)	<b>21</b> Cabbage Roll with Savory Meat Sauce Mashed Potatoes Corn Split-top Dinner Roll Chocolate Éclair (801)	<b>22</b> Ham Steak with Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Dinner Roll Fresh Nectarine Chocolate Milk (680)	<b>23</b> Cheese Tortellini with Chicken Cream Sauce Marinated Tomatoes Italian Vegetables Italian Bread Fruit Compote (627)
<b>26</b> Polynesian Chicken over Rice California Blend Vegetables Summer Squash with Red Pepper Chocolate Cake with Whipped Topping (707)	<b>27 ENTRÉE SALAD</b> Julienne Salad with Classique Dressing Whole Wheat Roll Ambrosia (636)	<b>28</b> Sliced Roast Beef with Gravy & Horseradish on Deli Rye Bread Cheesy Mashed Potatoes Sliced Carrots Fresh Watermelon Chocolate Milk (811)	<b>29</b> Vegetable Quiche with Cheese Sauce Spinach Harvard Beets Honey Bran Square Mandarin Oranges (883)	<b>30</b> Breaded Chicken Drumsticks Mixed Vegetables Chef Salad Macaroni & Cheese Strawberry Ice Cream (965)