

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	August 2nd 3 oz. New York Strip Patty ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 1 sl. White Bread Margarine Cup ½ c. Peach Cup 8 oz. Low Fat Milk	August 3rd 4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with diced red peppers 1 sl. French Bread Margarine Cup x2 1 Peanut Butter Cookie 8 oz. Low Fat Milk	August 4th <u>Cheeseburger</u> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/ Diced Tom 1 Hamburger Bun Wrapped Sliced Cheese Ketchup/ Mustard/ Margarine Fresh Fruit in Season 8 oz. Low Fat Milk	August 5th 8 oz. Sliced Smoked Sausage & Butter Bean Casserole ½ c. Spinach ½ c. Carrot Cuts 1 sl. White Bread Margarine Cup ½ c. Pear Cup 8 oz. Low Fat Milk	August 6th 3 oz. BBQ Chicken Breast Patty ½ c. Mashed Potatoes ½ c. Broccoli 1 sl. Whole Grain Wheat Bread Margarine Cup ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
	WEEK 1	August 9th 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Penne Noodles w/Garlic ½ c. Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Cup ½ c. Pear Cup 8 oz. Low Fat Milk	August 10th 3 oz. Sliced Turkey Breast w/ Turkey Gravy ½ c. Mashed Potatoes ½ c. Carrots 1 sl. Whole Grain Wheat Bread Margarine Cup ½ c. Cranberry Orange Relish 8 oz. Low Fat Milk	August 11th 3 oz. Frankfurter ½ c. Baked Beans ½ c. Mixed Vegetables 1 Hot Dog Bun/ Mustard ½ c. Pineapple Chunk Cup 8 oz. Low Fat Milk	August 12th 3 oz. Grilled Chicken Breast Coq au Vin ½ c. Herb Mashed Potatoes ½ c. Broccoli Cuts 1 Whole Grain Wheat Roll Margarine Cup 1 Chocolate Chip Cookie 8 oz. Low Fat Milk
WEEK 2		August 16th 4 oz. Chopped Southern BBQ Chicken served with Hamburger Bun ½ c. Mixed Vegetables ½ c. Potatoes Au Graten 1 Hamburger Bun 1 Fresh Orange 8 oz. Low Fat Milk	August 17th 3 oz. Italian Style Meatballs ½ c. Pasta with Italian Style Tomato Sauce ½ c. Broccoli Cuts 1 sl. Whole Wheat Bread Margarine Cup ½ c. Apple Raisin Crisp Cup 8 oz. Low Fat Milk	August 18th 3 oz. Sliced Baked Ham w/Pineapple Glaze ½ c. Mashed Potatoes ½ c. Peas w/Pearl Onions 1 sl. Whole Wheat Bread 8 oz. Low Fat Milk <u>Happy Birthday! Cake/Ice Cream HD: Cake/Pudding</u>	August 19th 8 oz. Three Bean Beef Chili ¼ c. White Rice ½ c. Whole Kernel Corn 1 sl. Cornbread Margarine Cup ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
	WEEK 3	August 23rd 3 oz. Oven Baked Fish Filet ½ c. Cheesy Grits ½ c. Tomatoes & Okra 1 sl. Whole Grain Wheat Bread Tartar Sauce ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	August 24th 3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. White Bread Margarine Cup ½ c. Pineapple Chunk Cup 8 oz. Low Fat Milk	August 25th 3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Wild Rice Blend ½ c. Broccoli Cuts 1 sl. White Bread Margarine Cup Fresh Fruit in Season 8 oz. Low Fat Milk	August 26th 8 oz. Beef Burgundy Casserole w/Noodles ½ c. Carrots ½ c. Garden Peas ½ c. Tossed Salad w/Italian Dressing 1 Dinner Roll 1 Oatmeal Raisin Cookie 8 oz. Low Fat Milk
WEEK 4		August 30th 3 oz. New York Strip Patty ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 1 sl. White Bread Margarine Cup ½ c. Peach Cup 8 oz. Low Fat Milk	August 31st 4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with diced red peppers 1 sl. French Bread Margarine Cup x2 1 Peanut Butter Cookie 8 oz. Low Fat Milk		