


# August 2023 SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu approved by: Jill Riffle MS, RDN, LD</p> 	<p><b>1</b> Swedish Meatballs-3 each. Mashed Potatoes-½ cup Sweet Corn-½ cup WGR Wheat Bread-2 slices Mixed Fruit Cup-½ cup Skim Milk 8 oz.</p>	<p><b>2</b> Macaroni &amp; Cheese-1 cup Stewed Tomatoes 1/2 cup Mixed Vegetables-½ cup BlueBerry Muffin-2 oz. Jell-O w/Fruit Skim Milk 8 oz</p>	<p><b>3</b> Roast Beef W/Gravy 3 oz Diced Potatoes-½ cup Broccoli-½ cup WGR Wheat Bread-2 Slices Pineapple Tidbits 1/2 cup Skim Milk-8 oz.</p>	<p><b>4</b> Chicken Salad 3 oz Cole Slaw 1/2 cup 3- Bean Salad 1/2 cup Tropical Fruit 1/2 cup WGR Bun 2 oz Skim Milk 8 oz</p>
<p><b>7</b> BBQ Chicken 3 oz      Red Skin Potatoes-½ cup      Capri Mixed 1/2 cup      WGR Wheat Bread-2 slices Orange Skim Milk 8 oz.</p>	<p><b>8</b> Salisbury Steak-3 oz. Mashed Potatoes-½ cup Diced Carrots-½ cup WGR Dinner Roll-2 oz. Applesauce-½ cup Skim Milk-8 oz.</p>	<p><b>9</b> Hamburger 3 oz      Diced Potatoes 1/2 cup Baked Beans 1/2 cup      WGR Bun 2 oz Diced Peaches 1/2 cup Skim Milk 8 oz</p>	<p><b>10</b> Turkey Slice w/Gravy 3 oz Sweet Potatoes-½ cup Broccoli Cuts-½ cup      WGR Dinner Roll-2 oz .Diced Pears 1/2 cup Skim Milk 8 oz</p>	<p><b>11</b> BBQ Pork Riblets 3 oz Diced Potatoes-½ cup Cole Slaw-½ cup WGR Bun-2 oz. Sliced Apples 1/2 cup Skim Milk 8 oz</p>
<p><b>14</b> ChickenBreast 3 oz      Red Skin Potatoes-½ cup Beets-½ cup WGR Dinner Roll-2 oz. Apricots 1/2 cup Skim Milk 8 oz</p>	<p><b>15</b> Hearty Beef Stew-1 cup Wax Beans 1/2 cup Cole Slaw 1/2 cup Corn Muffin 2 oz Sliced Apples 1/2 cup Skim milk 8 oz</p>	<p><b>16</b> Veggie Burgers 3 oz Diced Potatoes 1/2 cup Spinach 1/2 cup Jell-O w/ Fruit WGR Bun 3 oz Skim Milk 8 oz</p>	<p><b>17</b> Creamed Chicken-1 cup Carrots-½ cup Peas-½ cup Biscuit-2.5 oz. Mixed Fruit-½ cup Skim Milk 8 oz</p>	<p><b>18</b> Western Omlet 3 oz Diced Potatoes 1/2 cup Mixed Vegetable 1/2 cup 1 Biscuit 2.85 oz Diced Peaches 1/2 cup Skim Milk 8 oz</p>
<p><b>21</b> Sweet&amp;Sour Chicken-3 oz Fried Rice 1/2 cup Oriental Vegetables-½ cup Breadstick-2 oz. Pineapple Tidbits-½ cup Skim Milk 8 oz .</p>	<p><b>22</b> Salisbury Steak-3 oz. Mashed Potatoes 1/2 cup Succotash 1/2 cu      WGR Dinner Rolls 3 oz Diced Pears 1/2 cup Skim Milk 8 oz</p>	<p><b>23</b> Meat Loaf w/Gravy Au Gratin Potatoes-½ cup Green Beans-½ cup WGR Wheat Roll-2 o Apple Slices-½ cup Skim Milk 8 oz.</p>	<p><b>24</b> Stuffed Pepper w/ 3 oz. meat Mashed Potatoes Sweet Corn-½ cup WGR Wheat Bread-2 slices Tropical Fruit-½ cup Skim Milk-8 oz.</p>	<p><b>25</b> Ravioli 6 oz Diced Potatoes 1/2 cup Mixed Vegetable 1/2 cup BreadStick 3 oz Jell-O w/ Fruit Skim Milk 8 oz</p>
<p><b>28</b> Egg Salad 3 oz Macaroni Salad 1/2 cup Three Bean Salad 1/2 cup Apricots 1/2 cup Skim Milk 8 oz WGR Bun 2 oz</p>	<p><b>29</b> Spaghetti/Meat Sauce-1 cup Tossed Salad/Dressing-1 cup Green Beans-½ cup Garlic Toast-2 oz AppleSauce 1/2 cup. Skim Milk 8 oz</p>	<p><b>30</b> Baked Chicken-3 oz. Mashed Potatoes-½ cup Beets-½ cup WGR Dinner Roll-2 oz. Mandarin Oranges 1/2 cup Skim Milk</p>	<p><b>31</b> Sloppy Joe Sandwich-4 oz. Crispy Cubed Potatoes-½ cup Lima Beans 1/2 cup WGR Wheat Bun-2 oz. Banana-1 medium Skim Milk-8 oz.</p>	