

AUGUST**EAT RIGHT EAT WELL STAY ACTIVE AND LIVE LONGER****2010**

MONDAY 2nd CHILI Fresh Salad w/ Ranch Dressing Apple Juice Peanut Butter Cup Cookie Corn Muffin Milk	TUESDAY 3rd ROAST TURKEY with GRAVY Mashed Potatoes Sugar Snap Peas Mandarin Oranges 2 Whole Wheat Bread and Milk	WEDNESDAY 4th JUMBO HOT DOG Baked Beans Apple sauce Grape Juice Ketchup and Mustard Hot Dog Roll and Choc Milk	Thursday 5th POPCORN SHRIMP Parsley Potatoes Peas and Carrots Fruited Yogurt Cocktail Sauce 2 Dinner Rolls and Milk	Friday 6th SPAGHETTI & MEATBALLS Romano Beans Fresh Melon Mix Parmesean Cheese Italian Bread Milk
MONDAY 9th MACARONI & CHEESE Stewed Tomatoes Winter Blend Vegetables Fresh Apple Rye Bread Milk	TUESDAY 10th CHICKEN NOODLE SOUP Apricot Nectar Rice Pudding 2 Saltine Packs 2 Dinner Rolls and Milk	WEDNESDAY 11th MEATLOAF with GRAVY Mashed Potatoes Succotash Fresh Orange Sections 2 Whole Wheat Bread Milk	THURSDAY 12th Chicken Nuggets Au Gratin Potatoes Oriental Veg Pears Blueberry Muffin Milk	FRIDAY 13th FISH NUGGETS w/Tarter Sauce Rice Pilaf Brussel Sprouts Cranberry Juice Brownie Dinner Roll and Milk
MONDAY 16th LASAGNA Broccoli Grape Juice Fruit Cocktail White Bread and Milk	TUESDAY 17th ROAST PORK Mashed Potatoes Saurkraut Apple Juice Peaches 2 Dinner Rolls and Milk	WEDNESDAY 18th BAKED FISH w/ Lemon Juice Wild Brown Rice Carrots Banana Oatmeal Raisin Cookie Whole Wheat Bread and Milk	THURSDAY 19th HAM BALLS Scalloped Potatoes Green Beans Pineapple Tidbits 2 Dinner Rolls and Milk	FRIDAY 20th HAMBURGER French Fries w/ketchup and mustard Cucumber Salad Orange Juice Chocolate Pudding Round Roll/Milk
MONDAY 23rd BAKED CHICKEN w/ Gravy Oven Browned Potatoes Lima Beans Cranberry Juice Vanilla Pudding 2 Dinner Rolls and Milk	TUESDAY 24th BEEF TIPS w/ GRAVY Noodles Red Beets Pears Whole Wheat Bread and Milk	WEDNESDAY 25th FISH SANDWICH Peas Orange Juice Chocolate Chip Cookie Tarter Sauce Roll and Milk	THURSDAY 26th BAKED HAM Sweet Potatoes California Vegetables Fruit cocktail 2 Whole Wheat Bread and Milk	FRIDAY 27th SLOPPY JOE Tater Tots Pepper Slaw Apricots Round Roll and Milk
MONDAY 30th SPAGHETTI & MEATBALLS Romano Beans Fresh Melon Mix Parmesean Cheese Italian Bread Milk	TUESDAY 31st POPCORN SHRIMP Parsley Potatoes Peas and Carrots Fruited Yogurt Cocktail Sauce 2 Dinner Rolls and Milk	WEDNESDAY SEPT 1st CHILI Fresh Salad w/ Ranch Dressing Apple Juice Peanut Butter Cup Cookie Corn Muffin Milk	THURSDAY SEPT 2nd ROAST TURKEY with GRAVY Mashed Potatoes Sugar Snap Peas Mandarin Oranges 2 Whole Wheat Bread and Milk	FRIDAY SEPT 3rd JUMBO HOT DOG Baked Beans Apple sauce Grape Juice Ketchup and Mustard Hot Dog Roll and Choc Milk