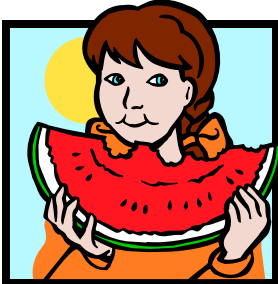


August 2010: Wholesome and Nutritious Meals and Snacks

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Cubed Pork w/ white gravy Sliced Carrots Applesauce Whole Parsley Potatoes Roll Vanilla Wafers	3 Chicken Fillet Sandwich Coleslaw with Carrots Sliced Pears Diced Potatoes Chocolate Chip Cookies	4 Roast Beef with gravy Squash Casserole Fresh Orange Whipped Potatoes Roll Low Fat Ice Cream	5 Chicken & Dumplings Green Beans Cantaloupe Hashbrown Casserole Roll Angel Food Cake	6 Tuna Salad Sandwich with Lettuce & Tomato Fruit Salad Potato Salad Sugar Cookies	
9 Chicken Leg Quarters Peas & Carrots Whipped Potatoes Roll Sugar Cookie	10 Taco Soup with Vegetables & Meat Egg Salad Sandwich Corn Chips Apple Cobbler	11 Baked Ham Green Beans Hot Ginger Pears Wheat Roll Debbie Cake	12 Hot Dog with Onions Coleslaw Applesauce Pork & Beans Pound Cake	13 Fish Fillet Sandwich with Lettuce & Tomatoes Macaroni & Cheese Peach Crisp	
16 Cubed Steak with gravy Capri Vegetables Fruit Cocktail Stuffing Angel Food Cake	17 Chicken Breast with Sundried Tomato Pesto Glazed Carrots Mandarin Oranges Spaghetti Noodles Italian Bread Chocolate Chip Cookies	18 Pork Riblet Sandwich Coleslaw with Carrots Hashbrown Casserole Hot Cinnamon Apples	19 Polish Turkey Sausage Green Peas Cheese Grits Biscuit & Jelly Sugar Cookies	20 Chicken Tenders (2) Stewed Tomatoes Rosemary Potatoes Roll Mandarin Oranges in Jello	
23 Cubed Pork with gravy Turnip Greens Sweet Potatoes Roll Peach Cobbler	24 Meatloaf with Tomato Sauce Sliced Carrots Scalloped Potatoes Wheat Roll Applesauce	25 BBQ Chicken Breast Green Beans Fruit Salad Whipped Potatoes Roll Oatmeal Cookies	26 Baked Fish California Blend Fresh Apple Macaroni & Cheese Roll Birthday Cake	27 Sliced Turkey Sandwich with Cheese 3 Bean Salad Fruit Cocktail Sugar Cookies	
30 Hamburger Coleslaw with carrots Baked Beans Diced Pears	31 Pork Chop Green Peas Roll Cherry Cobbler				<p>August is National <u>Sandwich</u> Month, National <u>Peach</u> Month & National <u>Catfish</u> Month. Have a sandwich party!!! Grow some peach trees and learn how to cook peaches. Make a scrumptious peach cobbler, yum!! Of course, fry up some catfish. Catfish is a great source of protein.</p>