



August Sr Menu 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | | 1 Spaghetti with Meatsauce Seasoned Greens w/ Olive Oil Spiced Peaches Whole Wheat Roll | 2 Parmesan Crusted Fish Lima Beans and Corn Seasonal Vegetable Fresh Fruit Cornbread |
| 5 Chicken Pot Pie w/ Cobbler Dough Topping Green Beans, Beets Whole Wheat Roll | 6 Turkey Meatloaf with Glaze Mashed Potatoes Seasonal Vegetable Pears Whole Wheat Roll (2) | 7 Eggplant Parmesan Italian Blend Vegetables Seasoned Broccoli Whole Wheat Roll (2) | 8 COLD PLATE Tuna Salad CK 3 Bean Salad Rice Pudding Fruit Cocktail Whole Wheat Roll | 9 Beef and Red Pepper Casserole California Blend Vegetables Baked Cinnamon Apples Whole Wheat Roll |
| 12 Roast Turkey w/ Gravy Roasted Root Vegetables Buttered Brussels Sprouts Peaches Whole Wheat Roll (2) | 13 Baked Fish w/ Lemon Butter Succotash Seasoned Beets Fruited Gelatin Salad Whole Wheat Roll (2) | 14 Balsamic-Cranberry Pork Wild Rice Pilaf Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll | 15 Mac and Cheese Stewed Tomatoes Steamed Broccoli Pineapple Tidbits Whole Wheat Roll | 16 Hamburger Steak w/ Onion Gravy Seasoned Peas Steamed Red Cabbage Applesauce Whole Wheat Roll |
| 19 Barbeque Pulled Pork Seasoned Green Beans Cinnamon Baked Apples Whole Wheat Roll (2) | 20 Baked Fish w/ Citrus Sauce Summer Squash Souffle Seasonal Vegetable (greens) Pineapple Tidbits Whole Wheat Roll (2) | 21 Mildred's Meatloaf Oven Roasted Red Potatoes Roasted Cauliflower Fruited Gelatin Salad Whole Wheat Roll (2) | 22 Salmon Pasta Bake Steamed Broccoli Peach Crisp Whole Wheat Roll | 23 COLD PLATE Chef Salad Sweet Potato Salad Fruit Cocktail Whole Wheat Roll |
| 26 Cheese Omelet w/ Salsa Topping Roasted Glazed Root Vegetables Parslied Buttered Carrots Whole Wheat Roll (2) | 27 Roast Turkey w/ Gravy Herbed Bread Stuffing Orange-Sauced Vegetables Pineapple Tidbits Whole Wheat Roll | 28 BBQ Chicken Hominy Cheesy Grits Roasted Asparagus Fruit Cocktail Whole Wheat Roll | 29 Spaghetti with Meatsauce Seasoned Greens w/ Olive Oil Spiced Peaches Whole Wheat Roll | 30 HOLIDAY MEAL Turkey Burger Roasted Veg w/ Sesame Seeds Roasted Corn Cucumber Dill Salad Hamburger Roll, Dessert |

Meal includes 1% milk or calcium fortified beverage packets. Fruits are unsweetened. Bread includes 1 pat of spread. Menu is subject to change.