







August 2010

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Honey Mustard Chicken Garlic and Red Pepper Penne Seasoned Wax Beans Cauliflower & Ranch Dressing Whole Wheat Bread Ambrosia Salad	3 <u>Ohio State Fair Day</u> BBQ Pork on Wheat Bun Creamy Coleslaw Grilled Corn on the Cob Cantaloupe	4 Turkey and Cheddar Sandwich Coleslaw Baked Sweet Potato Pear Halves	5 <u>Farmers Market Week</u> Beef Tips over Egg Noodles Fresh Heirloom Tomato Slices Seasoned Summer Squash Breadstick Fresh Peach Slices	6 Chicken Ratatouille Cauliflower Au Gratin Whole Wheat Roll Plum
9 Baked Ham (LS Alt=Baked Fish) California Blend Vegetables Fettuccine Alfredo Fresh Pepper Rings Zucchini Bread Fruit Cocktail	10 Egg Salad Pita Pocket Broccoli Salad Green Beans Colby Cheese Mandarin Oranges	11 <u>PGA Championship</u> Kay Patkin Ginger Chicken Steamed Red Skin Potatoes Sicilian Blend Vegetables Fresh Apricots Bran Muffin 	12 Pork Chop Beets with Orange Sauce Macaroni Salad Cucumber Slices Whole Wheat Bread Mixed Berries	13 Salisbury Steak with Mushroom Sauce Mashed Potatoes Buttered Corn Whole Wheat Roll Grape Juice
16 Beef and Broccoli Stir-Fry over Brown Rice (LS Alt=Beef Tips, Broccoli) Toasted Sesame Asparagus Dinner Roll Asian Pear	17 <u>Great Britain Meal</u> Fish and Chips Citrus Slaw Purple Plums Scones and jam Spicy Bread Pudding 	18 Cheeseburger on Bun Saucy Baked Beans Spinach and Tomato Salad Honeydew Melon 	19 <u>Whole-Grains for Health</u> Turkey Meatloaf Barley Casserole Dilled Carrots and Brussels Sprouts Whole Wheat Bread Fresh Apple	20 BBQ Chicken Balsamic Tomato Salad Venetian Blend Vegetables Cornbread Fresh Peach
23 <u>Ice Cream Social</u> BBQ Pork Spareribs (LF Alt=BBQ Chicken) Buttered Corn on the Cob Potato Salad Fresh Watermelon Whole Wheat Roll Ice Cream 	24 Taco Salad Cornbread Blueberries and Whipped Cream	25 Oven Fried Parmesan Chicken Potato Salad Peas and Carrots Whole Wheat Roll Fresh Orange	26 Ham and Swiss Quiche (LS Alt:Turkey Swiss Quiche) Key West Blend Vegetables Hash brown Bake Croissant Chilled Orange Juice	27 <u>Arts and Crafts Day</u> Spaghetti and Meatballs Summer Ratatouille Breadstick Grapes 
30 Cheese Omelet Sautéed Peppers and Onions Hash Browns Mini Bagels Strawberries	31 <u>Birthday Bash</u> Deviled Steak Creamy Mashed Potatoes Parmesan Spinach Bananas and Red Raspberries Whole Wheat Bread Birthday Cake			LS Alt= Low Sodium Alt LF Alt=Low Fat Alt These items need to be ordered in advance, please.