



August 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Old-Fashioned Swiss Steak [9] Creamy Mashed Potatoes [17] ♥ Country Vegetable Medley [11] ♥ <i>WG Dinner Roll [21]</i> <i>Raisins [29] ♥</i> <i>2% Milk [12] ♥</i> 705 calories/30 g protein	Lemon Chicken Piccata [10] on bed of Bowtie Pasta [21] ♥ Roasted Brussels Sprouts [8] ♥ Tuscan Vegetable Medley [7] ♥ <i>Cookie [26] ♥</i> <i>2% Milk [12] ♥</i> 735 calories/41 g protein
8/5/2024 Carne Guisada [13] Spanish Style Rice [23] ♥ Fire-Roasted Corn [18] ♥ <i>WG Dinner Roll [21]</i> <i>Diced Mango [17] ♥</i> <i>2% Milk [12] ♥</i> 700 calories/36 g protein	8/6/2024 Cheese Ravioli in Red Sauce [52] Seasoned Broccoli Florets [5] ♥ Tuscan Vegetable Medley [7] ♥ <i>Sliced Bread [13] ♥</i> <i>Diced Pears [17] ♥</i> <i>2% Milk [12] ♥</i> 725 calories/44 g protein	8/7/2024 Savory Texas Style Chili [9] Over A Sweet Cornbread Bowl [33] Southern Style Green Beans [7] ♥ Chuckwagon Corn [19] ♥ <i>Gelatin [23] ♥</i> <i>2% Milk [12] ♥</i> 725 calories/37 g protein	8/8/2024 Breaded Fish Nuggets [25] Creamy Mac n' Cheese [28] Four Seasons Vegetable Medley [12] ♥ <i>Tartar Sauce & Ketchup [4]</i> <i>Fresh Grapes [21] ♥</i> <i>2% Milk [12] ♥</i> 780 calories/38 g protein	8/9/2024 Swedish Meatballs [8] over Creamy Mashed Potatoes [17] ♥ Spring Peas & Onions [8] ♥ Parisian Carrots [8] ♥ Blueberry Loaf Cake [35] ♥ <i>2% Milk [12] ♥</i> 784 calories/36 g protein
8/12/2024 Italian Herbed Chicken w/ Gravy [12] Herbed Rice Pilaf [23] ♥ Braised Asparagus Tips [2] ♥ <i>WG Dinner Roll [21]</i> <i>Diced Peaches [12] ♥</i> <i>2% Milk [12] ♥</i> 710 calories/39 g protein	8/13/2024 Country Style Chicken Fried Steak w/ Cream Gravy [34] Creamy Mashed Potatoes [17] ♥ Summer Succotash [22] ♥ <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 780 calories/36 g protein	8/14/2024 Calabaza Con Pollo [14] ♥ Spanish Style Rice [23] ♥ Refried Beans [28] Pineapple Tidbits [15] ♥ <i>2% Milk [12] ♥</i> 770 calories/56 g protein	8/15/2024 Lasagna w/ Meat Sauce [33] Parslied Peas & Carrots [10] ♥ Herbed Cauliflower [4] ♥ <i>Sliced Bread [13] ♥</i> <i>Mandarin Oranges [16] ♥</i> <i>2% Milk [12] ♥</i> 720 calories/41 g protein	8/16/2024 Chicken Teriyaki [6] over Brown Rice [28] ♥ Broccoli Florets w/ Red Pepper [6] ♥ Vegetable Spring Roll [10] <i>Cherry Blossom Muffin [39]</i> <i>2% Milk [12] ♥</i> 725 calories/37 g protein
8/19/2024 Picadillo [10] Spanish Style Rice [23] ♥ Chuckwagon Corn [19] ♥ <i>WG Dinner Roll [21]</i> <i>Pineapple Tidbits [15] ♥</i> <i>2% Milk [12] ♥</i> 760 calories/38 g protein	8/20/2024 Chicken Alfred Casserole [30] Roasted Brussel Sprouts [8] ♥ Parisian Carrots [8] ♥ <i>Sliced Bread [13] ♥</i> <i>Fresh Grapes [21] ♥</i> <i>2% Milk [12] ♥</i> 720 calories/50 g protein	8/21/2024 Homestyle Meatloaf [6] Creamy Mashed Potatoes [17] ♥ Country Vegetable Medley [11] ♥ <i>Gelatin [23] ♥</i> <i>2% Milk [12] ♥</i> 720 calories/30 g protein	8/22/2024 Chicken Fajitas [2] ♥ over Cilantro Lime Rice [25] ♥ Seasoned Black Beans [23] ♥ Fire Roasted Corn [18] ♥ <i>Tortilla Chips [18] ♥</i> <i>Diced Mango [17] ♥</i> <i>2% Milk [12] ♥</i> 780 calories/49 g protein	8/23/2024 Oven Roasted Turkey w/ Gravy [3] Glazed Sweet Potatoes [22] ♥ Buttered Green Beans [6] ♥ <i>WG Dinner Roll [21]</i> <i>Cookie [32] ♥</i> <i>2% Milk [12] ♥</i> 720 calories/34 g protein
8/26/2024 Crispy Chicken Parmigiana [10] on bed of Penne in Red Sauce [34] Italian Green Beans [5] ♥ Herbed Cauliflower [4] ♥ <i>Sliced Bread [13] ♥</i> <i>Diced Pears [17] ♥</i> <i>2% Milk [12] ♥</i> 770 calories/45 g protein	8/27/2024 Salisbury Steak w/ Mushroom Gravy [8] Creamy Mashed Potatoes [17] ♥ Parslied Peas & Carrots [10] ♥ <i>WG Dinner Roll [21]</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 790 calories/33 g protein	8/28/2024 Green Chile Chicken Enchiladas [42] Cilantro Lime Rice [25] ♥ Seasoned Calabacita [5] ♥ <i>Yogurt [10] ♥</i> <i>2% Milk [12] ♥</i> 715 calories/36 g protein	8/29/2024 Classic Cheeseburger [2] Golden Potato Wedges [25] ♥ Four Seasons Vegetable Medley [12] ♥ <i>Hamburger Bun [23]</i> <i>Ketchup & Mustard [2] ♥</i> <i>Raisins [29] ♥</i> <i>2% Milk [12] ♥</i> 777 calories/34 g protein	8/30/2024 Sweet and Sour Chicken [18] over Brown Rice [28] ♥ Broccoli Florets & Red Peppers [6] ♥ Vegetable Spring Roll [10] <i>Orange Blossom Muffin [28] ♥</i> <i>2% Milk [12] ♥</i> 735 calories/37 g protein
Legend	[grams of carbs]; ♥= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, <i>italic</i> = Outside of Tray			
Comments	1. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. It is recommended that meals consist of 45-75 grams of carbohydrates while a snack consist of 15-30 grams of carbohydrates.			