

August

2018

Title		Subtitle				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baked Spaghetti Tossed Salad Bread	2 Baked Chicken thighs Rice Pilaf (WG) Squash fruit	3 Chicken patties on WG bun Tater tots and carrots	4
5	6 Sloppy Joe on WG bun Buttered egg noodles Collard Greens	7 Hamburger Gravy Mashed potatoes Lima beans WG roll	8 Shepherds Pie WG roll Fruit	9 Pork BBQ on WG roll Mac and cheese Slaw	10 Hot dog on WG roll Macaroni Salad Tossed salad and fruit	11
12	13 Ham and cheese on wheat Broccoli and cheese soup	14 Bacon breakfast casserole Pancakes fruit	15 Cheddar chicken Brown rice (WG) Green beans	16 Pizza Casserole Tossed Salad Fruit	17 Chicken tenders Hashbrown casserole Brussel sprouts	18
19	20 Veggie Beef soup Grilled cheese on wheat Applesauce	21 Hamburger on WG bun Potato wedges Cali mix veggie	22 Chicken veggie stir fry over brown rice Fruit	23 Veggie egg scramble French toast sticks Yogurt	24 Taco bake Spanish rice WG Lettuce, tom, sour cream and salsa	25
26	27 Ham steaks Cheesy potatoes Collard greens WG roll	28 Chicken Alfredo over WG noodles Broccoli and fruit	29 Beef a roni with WG noodle Tossed salad	30 Sausage patties Biscuits, cooked apples Veggie egg scramble	31 Chicken salad with WG roll Potato salad and carrots	