

August 2009

*Modification for sugar restricted diets
 **High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Peppers Casserole Creamed Carrots Broccoli 100% Wheat Bread Peaches	4 Chef Salad Tortellini Salad Cole Slaw Rye Bread Pineapple	5 Baked Fish Wild Rice Spinach Sourdough Bread *Cookie	6 Chicken Marsala Roasted Potatoes Waxed Beans Multi Grain Bread *Pudding w/Topping	7 Goulash Mixed Greens Corn w/Pimiento Bakery Whole Wheat Fresh Fruit
10 Vegetable Beef Soup BBQ Pork Brown Rice & Lentiles Multi Grain Bread Pineapple	11 Beef Stew Boiled Potatoes Mixed Vegetables 100% Wheat Bread *Smoothie	12 Egg Salad German Potato Salad Carrot Raisin Salad Hamburg Roll Mixed Fruit	13 Roast Turkey, Gravy Garlic Mashed Potatoes Green Beans Almondine Biscuit Peaches	14 Meatloaf Herbed Rosemary Potatoes Stewed Tomatoes Oatmeal Bread *Pudding w/Topping
17 **Hot Dog Baked Beans Saurkraut Hot Dog Roll Pears	18 Veal Parmesan Shells w/Sauce Zucchini Squash Italian Bread Pineapple	19 Lasagna Mixed Vegetables Spinach Rye Bread Banana	20 Tuna Salad Bean Salad Cole Slaw Wheat Hamburg Roll *Pudding w/Topping	21 Roast Pork w/Gravy New Red Potatoes Sweet & Sour Red Cabbage 100% Whole Wheat Bread Applesauce
24 **Baked Ham Glazed Sweet Potatoes Mixed Greens Multi Grain bread Peaches	25 Stuffed Cabbage Buttered Corn Broccoli Rye Bread *Smoothie	26 Italian Meatballs Ziti w/Sauce Ratatouille Italian Bread *Pudding w/Topping	27 Salmon Boat au Gratin Potatoes Peas Wheat Dinner Roll Pineapple	28 Chicken Divan Herbed Potatoes Buttered Carrots 100% Whole Wheat Bread Watermelon
31 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Oatmeal Bread Pineapple	Everyone should be enjoying fresh fruit and vegetables in August from the local Farmers' Markets. All studies point out that one of the most important things everyone can do for their diet is consume more vegetables and fruit and this is the time of year where is easy to find these local fruits and vegetables. If you qualified for the \$30 coupon, use it buying fruit such as peaches, blueberries and melons or fresh green beans and local tasty tomatoes. If you don't qualify for the coupon shop at the Farmers' Market and purchase these fresh products picked just hours before your purchase them. Enjoy these fresh fruit and vegetables and include them in your daily menus.			

If you will not be home when your meal is delivered
 PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION
 \$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.