



Good For Your Health Menus



Summer

MONDAY August 6	TUESDAY August 7	WEDNESDAY August 8	THURSDAY August 9	FRIDAY August 10	SATURDAY August 11	SUNDAY August 12
Fried Egg Buttered Wheat Toast Oatmeal Apple Juice	Pancake with Warm Syrup Breakfast Meat Hot Farina Grape Juice	Ham and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Blended Juice	French Toast With Warm Syrup Breakfast Meat Oatmeal Orange Juice	Baked Italian Omelet Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Waffle with Warm Syrup Breakfast Meat Oatmeal Apple Juice	Baked Western Omelet Banana Bread Toasted Oats Grape Juice
Swedish Meatballs Egg Noodles Spinach Au Gratin Wheat Roll Raspberry Parfait Square	Herb & Spice Roast Beef with Gravy Mashed Potatoes Fresh Zucchini and Carrots Caesar Salad Fruit Mix Crumble Cake	Tahitian Chicken Classic Rice Broccoli with Garlic Wheat Roll Chocolate Pudding with Whipped Topping	Fish with Dill Sauce Steak Fries Scandinavian Vegetable Blend Wheat Roll Ice Cream	Smothered Pork Chop Brown Rice Herbed Green Beans Fresh Green Salad Carrot Cake	Roast Turkey with Tarragon Mushroom Sauce Twice Baked Mashed Potatoes Parslied Carrots Three Bean Salad Glazed Lemon Tart	Baked Ham with Raisin Sauce Sweet Potato Zesty Spinach Wheat Roll Fruit Pie
Asian Flare Pork Fried Rice Stir Fry Vegetables Mixed Greens Salad Mandarin Oranges	Summer Time Lentil Soup Turkey Curry Salad on a Croissant Potato Chips Melon Cup	BBQ Beef on a Bun French Fries Corn on the Cob Apples with Caramel Sauce Country Fair Day	Cheesy Tortilla Soup Chili Relleno Casserole Refried Beans Sliced Tomatoes with Parsley Oatmeal Raisin Cookie	Cheese Ravioli with Meat Sauce Brussels Sprouts with Bacon Garlic Bread Fresh Fruit Cup	Bean & Bacon Soup Tuna Salad on a Bed of Lettuce Beets and Onions Wheat Roll Pears ala Crème	Three Cheese Pizza Pineapple Slice Mediterranean Green Salad Chocolate Chip Bar

Milk and Beverage Offered with Every Meal; RDs for Healthcare, Inc.