

July - September 2010 Menu

	Jul 05 Aug 02 Aug 30 Sep 27	Jul 06 Aug 03 Aug 31 Sep 28	Jul 07 Aug 04 Sep 01 Sep 29	Jul 08 Aug 05 Sep 02 Sep 30	Jul 09 Aug 06 Sep 03
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	Salisbury steak or beef patty w/gravy	Pork roast or pork riblet	Ham and cheese sandwich (condiments)	Spaghetti w/meat sauce	Oven fried fish or salmon patties (tartar sauce)
Vegetables & Fruit 2 1/2 cup servings	Potatoes of choice	Greens of choice (vinegar)	Vegetable salad or carrot raisin salad	Tossed or spring ahead salad	Cole slaw
Bread or Alternate 1 serving	Green peas or Scandinavian blend	Cauliflower (cheese sauce)	Fresh fruit or melon slices	Green beans	Tater tots
Dessert	Roll or W.W. bread	Biscuit or roll	Hoagie bun or whole wheat bread	Italian bread	Bun or cornbread
Diet Dessert	Mandarin oranges	Chilled applesauce	Oatmeal raisin cookie or brownie	Lemon pudding or banana pudding	Chilled peaches or fruit in season
	Mandarin oranges	Chilled applesauce	Vanilla wafers	Diet pudding	Chilled peaches or fruit in season

Note: All menus include fortified margarine and 1/2 pint milk.

Prepared by: Paula Nelson, RD

Date: 6/12/10

July - September 2010 Menu

	Jul 12 Aug 09 Sep 06	Jul 13 Aug 10 Sep 07	Jul 14 Aug 11 Sep 08	Jul 15 Aug 12 Sep 09	Jul 16 Aug 13 Sep 10
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	Oven baked chicken or chicken patty	Pinto beans (onions)	Hamburger w/ condiments (lettuce, tomato, onion)	Beef stew	Turkey and cheese or beef and cheese (condiments)
Vegetables & Fruit 2 1/2 cup servings	Steamed broccoli	Spinach (vinegar)	Baked beans	Cole slaw	Potato salad
Bread or Alternate 1 serving	Potatoes au gratin	Potatoes of choice	Tater tots or tri-taters	Baked apples	Tomato, lettuce
Dessert	Roll	Cornbread	Bun	Cornbread	Whole wheat bread or tortilla or bun
Diet Dessert	Chilled pears	Fruit in gelatin	Watermelon or fruit in season	Angel food cake	Fruit in season
	Chilled pears	Fruit in diet gelatin	Watermelon or fruit in season	Angel food cake	Fruit in season

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	Jul 19 Aug 16 Sep 13	Jul 20 Aug 17 Sep 14	Jul 21 Aug 18 Sep 15	Jul 22 Aug 19 Sep 16	Jul 23 Aug 20 Sep 17
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	Beef patty w/gravy or chicken livers	Baked ham	Meatloaf or tater tot casserole	Chicken tetrazinni or chicken patty	Hot dog w/ chili or cheese
Vegetables & Fruit 2 1/2 cup servings	Steamed cabbage or brussel sprouts	Green beans	Whipped potatoes	Broccoli or club spinach	Cole slaw
Bread or Alternate 1 serving	Blackeyed peas	Sweet potatoes	Green peas or mixed vegetables	Baby carrots	Baked beans
Dessert	Roll or WW bread	Biscuit	Roll	Roll	Bun
Diet Dessert	Fruit cocktail	Chilled pineapple	Banana pudding or bread pudding	Chilled applesauce	Fruit in season or fruit juice
	Fruit cocktail	Chilled pineapple	Diet pudding	Chilled applesauce	Fruit in season or fruit juice

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	Jul 26 Aug 23 Sep 20	Jul 27 Aug 24 Sep 21	Jul 28 Aug 25 Sep 22	Jul 01 Jul 29 Aug 26 Sep 23	Jul 02 Jul 30 Aug 27 Sep 24
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	Macaroni and cheese	Chicken, egg or tuna salad	Barbecued pork or sloppy joe	Turkey w/ gravy or turkey tetrazinni	BBQ chicken
Vegetables & Fruit 2 1/2 cup servings	Stewed tomatoes	Tossed or tomato & cucumber salad	Baked beans	Sweet potatoes	Green beans
Bread or Alternate 1 serving	Steamed broccoli	Potato salad or three bean salad	Potatoes of choice	Green peas	Whole kernel corn
Dessert	Whole wheat bread	Whole wheat bread	Bun	Biscuit	Roll
Diet Dessert	Fruit cocktail	Fruit cup	Watermelon or fruit in season	Chilled applesauce	Strawberry shortcake
	Fruit cocktail	Fruit cup	Watermelon or fruit in season	Chilled applesauce	Angel food cake

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