



AUGUST 2019 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 It's SUMMER!						1 BREAKFAST: Waffles/Fruit/Milk Sausage Links LUNCH: Chicken Stir Fry Vegetables & Rice Wheat Roll SNACK: 7-Layer Dip w/Guac. Cheese & Tortillas		2 BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Baked Fish Parslied Rice Broccoli SNACK: Trail Mix: Nuts, Cranberries, Sk Milk	
5 BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Baked Ham Mac-N-Cheese Broccoli Spears SNACK: Sliced Bananas Nutela Sandwich		6 BREAKFAST: Biscuits & Gravy Milk, Fruit LUNCH: Baked Turkey Bread Dressing Brussels Sprouts SNACK: Cottage Cheese Wheat Crackers		7 BREAKFAST: Yogurt/Fruit Cup Oatmeal, Skm Milk LUNCH: Pot Roast Browned Potatoes Roasted Carrots SNACK: Cinnamon Muffin 1/2 Banana		8 BREAKFAST: Egg Bake/Toast Fruit/Skim Milk LUNCH: Herbed Turkey Corn Casserole Sliced Beets SNACK: Turkey Sandwich on Wheat/ Apple Juice		9 BREAKFAST: Dry Cereal Fruit/Sk Milk LUNCH: 4 Cheese Lasagna Fruit/Garlic Toast Wheat Rolls SNACK: Peanut Butter on Wheat Crackers	
12 BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Ranchers Chicken Bread Dressing Glazed Carrots SNACK: String Cheese Wheat Crackers		13 BREAKFAST: Fruit/Yogurt Muffin/Skim Milk LUNCH: Antipasto Salad Mixed Greens/Cheese Wheat Roll/Skm Milk SNACK: Cranberry & Apple Pie Cobbler/Skm Milk		14 BREAKFAST: Hashbrown Casserole Toast/ Skm Milk LUNCH: Chicken Kiev Mixed Vegetables Fruit Cup, Skm Milk SNACK: Sliced Avacado Wheat Crackers		15 BREAKFAST: Pancakes Eggs/Fruit/Skm Milk LUNCH: BBQ Ham Steak Corn Casserole Capri vegetables SNACK: Wheat Pretzels Grape Juice		16 BREAKFAST: Cereal/Fruit Skim Milk LUNCH: Fish Fillet Wild Rice/Vegetables Calico Coleslaw SNACK: Orange Slices Wheat Crackers	
19 BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Grilled Chicken Company Potatoes Asparagus/Red Peppers SNACK: BelVita Breakfast Biscuit/ Skm Milk		20 BREAKFAST: Blueberry Pancake Bread Pudding/Skm Milk. LUNCH: Hot Dog/Bun Pasta Salad Devised Eggs SNACK: Yogurt Strawberries		21 BREAKFAST: Eggs/French Toast Fruit/Skm.Milk. LUNCH: Salisbury Steak Mashed Potatoes Glazed Baby Carrots SNACK: Corn Dog Bites Grapes		22 BREAKFAST: Eggs/Bacon/Toast Fruit/Skiim Milk LUNCH: Baked Cicken Breast Mixed Veggies Fruit Cup SNACK: Fruit & Tuna "Crab" Crescent Roll		23 BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Pepp.Pizza/ Salad Wheat Roll/Skm Milk Grapes SNACK: Peanut Butter on Whole Wheat	
26 BREAKFAST: Dry Cereal Banana/Skm Milk LUNCH: Mesquite Turkey Baked Swt Potato Sicilian Vegetables SNACK: Apple Sauce Wheat Crackers		27 BREAKFAST: Egg Bake/Toast Fruit/Skm.Milk. LUNCH: Bacon Salisbury Steak Baked Potato Corn on the Cob SNACK: Pasta Salad Wheat Crackers		28 BREAKFAST: Bagels/Fruit Yogurt/Skim Milk LUNCH: Cookout Grilled Brats Potato Salad/Baked Beans/Watermelon SNACK: Hard Boiled Egg Wheat Crackers		29 BREAKFAST: Bagels/Fruit Yogurt/Skim Milk LUNCH: Chicken Stir Fry Vegetable Fried Rice Dinner Roll SNACK: Sliced Strawberries String Cheese		30 BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Baked Fish Parslied Rice Broccoli SNACK: Grapes Cheese Cubes	

CATHOLIC CHARITIES ADULT DAY SERVICES

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

