

**1% MILK SHOULD BE SERVED AT EACH MEAL
WHOLE WHEAT PRODUCTS SHOULD BE 2 SLICES OR 2 OZ.
UNLESS OTHERWISE NOTED**

AUGUST 2024 GRADD



MON	TUE	WED	THU	FRI
<p>DIETARY TIP</p> <p>INCLUDE WHOLE GRAINS IN YOUR DIET. YOU NEED AT LEAST 25 GRAMS OF FIBER DAILY. IT HELPS LOWER CHOLESTEROL AND AIDS IN DIGESTION.</p>	<p>EXERCISE TIP</p> <p>MAINTAIN A HEALTHY BLOOD PRESSURE. EXERCISE IS AN EXCELLENT WAY TO LOWER STRESS AND KEEP YOUR BLOOD PRESSURE IN CHECK.</p>		<p>1 TUNA SALAD ON WHEAT BREAD CORN CHOWDER WHOLE WHEAT CRACKER (1) LETTUCE & TOMATO FRESH ORANGE</p>	<p>2 ITALIAN BAKED CHICKEN GREEN BEANS PARMESAN NOODLES WG DINNER ROLL BANANA</p>
<p>5 BAKED CHICKEN BROWN RICE BROCCOLI & CHEESE MIXED FRUIT WG DINNER ROLL/MARGARINE</p>	<p>6 MEATLOAF W/ KETCHUP GARLIC MASHED POTATOES GREEN PEAS PEACHES WG DINNER ROLL/MARGARINE</p>	<p>7 GRILLED CHICKEN SALAD COTTAGE CHEESE PEACHES CHOCOLATE CHIP COOKIE WG DINNER ROLL/ DRESSING</p>	<p>8 BREADED PORK CHOP COOKED CABBAGE MASHED POTATOES W/ GRAVY FRIED APPLES WG DINNER ROLL</p>	<p>9 FISH ON A BUN GREEN BEANS COLE SLAW CANTALOUPE & HONEYDEW</p>
<p>12 CHICKEN BREAST BREADED BROCCOLI & CHEESE MASHED POTATOES ORANGE PINEAPPLE JELLO WG DINNER ROLL</p>	<p>13 BEEF TACO SALAD PINTO BEANS LETTUCE/TOMATO TROPICAL FRUIT SALAD SOUR CREAM/SALSA</p>	<p>14 ROASTED TURKEY ½ BAKED POTATO CARROTS DICED PEARS SOUR CREAM/ BUTTER (2)/ ROLL</p>	<p>15 SALMON PATTY CALIFORNIA BLEND VEGETABLES OVEN ROASTED POTATOES FRESH MANDARIN ORANGE WG ROLL</p>	<p>16 CHEESEBURGER BAKED BEANS CABBAGE PEACHES LETTUCE/TOMATO/PICKLE/ONION</p>
<p>19 MEATLOAF W/ KETCHUP MASHED POTATOES GREEN PEAS FRESH ORANGE WG ROLL/ MARGARINE</p>	<p>20 HERBED PORK LOIN CARROTS AU GRATIN POTATOES DICED PEARS WG ROLL/MARGARINE</p>	<p>21 CHICKEN ALFREDO CALIFORNIA BLEND VEGETABLES APPLESAUCE SUGAR COOKIE WG DINNER ROLL</p>	<p>22 BREADED CHICKEN/ BUN COOKED CABBAGE WHIPPED SWEET POTATOES FRUITED GELATIN MAYO</p>	<p>23 TOMATO SOUP TURKEY ON WHEAT BREAD BROCCOLI RAISIN SALAD COLBY JACK CHEESE STICK CITRUS FRUIT SALAD</p>
<p>26 ORANGE GLAZED CHICKEN BROWN RICE SIR FRY VEGETABLES DICED PEARS WG DINNER ROLL</p>	<p>27 LEMON HERB POLLOCK MASHED POTATOES BROCCOLI DICED PEARS WG ROLL/ BUTTER (2)/ SR CREAM</p>	<p>28 BBQ CHICKEN BREAST COLLARD GREANS WHIPPED SWEET POTATOES PINEAPPLE CHUNKS WG DINNER ROLL/ MARGARINE</p>	<p>29 PORK W/ KRAUT CALIFORNIA BLEND VEGETABLES MASHED POTATOES AMBROSIA SALAD WG DINNER ROLL</p>	<p>30 CHEESEBURGER BAKED BEANS CABBAGE APPLE SLICES LETTUCE/TOMATO/PICKLE/ONION</p>