

- 8/08 – SWEDISH MEATBALLS: BEEF, PORK, SOUR CREAM, ONIONS, GRAVY**
BUTTERED PASTA: FLOUR, EGGS
PARSLEY CARROTS: CARROTS, PARSLEY FLAKES (DEHY)
DINNER ROLL: FLOUR, YEAST, WATER
- 8/09 – CHOPPED STEAK/GRAVY: BEEF, BROTH, FLOUR, ONIONS**
AU GRATIN POTATOES: POTATOES, ONIONS, MILK, SUGAR, CHEESE
CALIFORNIA BLEND VEGS: BROCCOLI, CAULIFLOWER, CARROTS
DINNER ROLL: FLOUR, YEAST, WATER
- 8/10 – CHICKEN RICE CASSEROLE: CHICKEN, RICE, PEPPERS, ONIONS, CR OF**
CHICKEN SOUP, BROTH
DINNER ROLL: FLOUR, YEAST, WATER
TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS
- 8/11 – BREADED FISH: COD, BREADING**
TATOR TOTS: POTATOES, VEG. OIL
- 8/12 – SLOPPY JOES: BEEF, KETCHUP, MUSTARD, BROWN SUGAR**
FRIES: POTATOES, VEG OIL
COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING

- 8/15 – TATOR TOTS: POTATOES, VEG OIL**
PUDDING: COCOA, MILK, CORNSTARCH
- 8/16 – BAKED SPAGHETTI: BEEF, PASTA, ONIONS, SPAG SAUCE**
DINNER ROLL: FLOUR, YEAST, WATER
- 8/17 – CREAM OF BROCCOLI SOUP: BROCCOLI, CHEESE, WHITE/CREAM**
SAUCE
TUNA SALAD: TUNA, EGGS, RELISH, MAYO, ONIONS
PUDDING: MILK, VAN. FLAVORING, CORNSTARCH
- 8/18 – SALMON CROQUETTE: SALMON, BREAD CRUMBS, ONIONS, EGGS**
TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS
DINNER ROLL: FLOUR, YEAST, WATER
- 8/19 – CHEESE OMELET: EGGS, CHEESE**
HASH BROWNS: POTATOES, VEG OIL
BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH
FRUITED MUFFIN: BLUEBERRIES, SUGAR, FLOUR, MILK
- 8/22 – SWISS STEAK: BEEF, TOMATOES, BELL PEPPERS, ONIONS,**
CORNSTARCH, WATER
SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR
GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY
DINNER ROLL: FLOUR, YEAST, WATER

**8/23 – FIESTA CHICKEN: CHICKEN, SALSA, ONIONS, MUSHROOMS,
TOMATOES**

SPANISH RICE:

PUDDING: COCOA, MILK, CORNSTARCH

DINNER ROLL: FLOUR, YEAST, WATER

8/24 – AU GRATIN POTATOES: POTATOES, ONIONS, MILK, SUGAR, CHEESE

DINNER ROLL: FLOUR, YEAST, WATER

**8/25 – CHICKEN CASSEROLE: CHICKEN, PASTA, CREAM CHIC SOUP,
PEPPERS, ONIONS, PEAS**

TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS

DINNER ROLL: FLOUR, YEAST, WATER

8/26 – BEEF STEW: BEEF, STEW VEGS, GRAVY

BISCUIT: FLOUR, BUTTERMILK, SUGARS, MILK, CORNSTARCH

8/29 – FRIES: POTATOES, VEG OIL

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

8/30 – CHEESE OMELET: EGGS, CHEESE

HASH BROWNS: POTATOES, VEG OIL

**CINNAMON ROLL: FLOUR, WATER, SUGAR, CINNMON, MILK,
BAKING SODA**

BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCG

8/31 - TUNA NOODLE CASSEROLE: TUNA, PASTA, MUSH SOUP, WATER

DINNER ROLL: FLOUR, YEAST, WATER

COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING