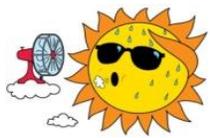


August Menu 2019

Site: Rapid City

<p>Sturgis Rally Week: Aug. 2 - 11</p>  <p>Central States Fair: Aug 16-25</p> 			<p>Thursday 1</p> <p>Sloppy Joe on a WW Bun 1 1/2CS Potato Salad 1 1/2CS Tomatoes Cantaloupe 1CS</p>	<p>Friday 2</p> <p>Sierra Turkey Casserole 2CS Cooked Spinach Baby Carrots 1/2CS Strawberries 1CS Bread 1CS</p> 
<p>Monday 5</p> <p>Autumn Chicken 1CS Sweet Potato 1 1/2CS Harvest Beets 1CS Tossed Salad Mandarin Oranges 1CS Bread 1CS</p> 	<p>Tuesday 6</p> <p>Meatloaf 1/2CS Oven Browned Potatoes 1CS Baked Beans 1CS Baby Carrots 1/2CS Seasonal Fruit 1CS Bread 1CS</p> 	<p>Wednesday 7</p> <p>Turkey Tetrizzini 2CS Broccoli Patio Salad 1CS Cranberry Crunch Salad 1CS Bread 1CS</p>	<p>Thursday 8</p> <p>Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1CS Tossed Salad w/Tomatoes Banana 1CS Bread 1CS</p> 	<p>Friday 9</p> <p>Baked Chicken Baked Sweet Potato 1 1/2CS Brussel Sprouts Tomato Spoon Salad 1/2CS Pears 1CS Bread 1CS</p>
<p>Monday 12</p> <p>Breaded Baked Fish Company Potatoes 1 1/2CS Peas 1CS Baby Carrots 1/2CS Fresh Orange 1CS Bread 1CS</p>	<p>Tuesday 13 HAPPY BIRTHDAY</p> <p>Beef Tips & Gravy Mashed Potatoes 1CS Broccoli Pear Half 1/2CS Bread 1CS Cake 2CS</p> 	<p>Wednesday 14</p> <p>Pinto Bean Soup w/Ham&Carrots 3CS Cornbread 1CS Coleslaw Mandarin Oranges 1CS</p>	<p>Thursday 15</p> <p>Hamburger on a Bun Baked Potato w/Sour Cream 1CS Corn 1CS Tomato Slices on Lettuce Orange Juice 1CS</p>	<p>Friday 16</p> <p>Chef's Choice</p> 
<p>Monday 19</p> <p>Salisbury Steak w/Gravy 1CS Baked Potato 1CS California Blend Veg. Orange Juice 1CS Tropical Fruit 1CS Bread 1CS</p> 	<p>Tuesday 20</p> <p>Creamed Turkey 1CS over Mashed Potatoes 1CS Parslied Carrots 1/2CS Peas 1CS Mandarin Oranges 1CS Bread 1CS</p>	<p>Wednesday 21</p> <p>Steak and Tater Stew 1 1/2CS LS Crackers 1CS Grape Juice 1CS Fruit Crisp 1 1/2CS</p> 	<p>Thursday 22</p> <p>Hawaiian Chicken Salad 1CS Potato Salad 1 1/2CS Baby Carrots 1/2CS Banana 2CS Dinner Roll 1CS</p>	<p>Friday 23</p> <p>Pork Roast Boiled Potato w/Gravy 1CS Cranberry Sauce 1CS Peas & Carrots 1CS Jello w/ fruit 1CS Bread 1CS</p> 
<p>Monday 26</p> <p>Mexican Chicken Soup 1CS Crackers 1CS Cheddar Cheese Orange Juice 1CS Seasonal Fruit 1-2CS</p>	<p>Tuesday 27</p> <p>Chicken Fried Steak Mashed Potatoes w/Gravy 1CS Green Beans Apricots 1CS Bread 1CS</p> 	<p>Wednesday 28</p> <p>Taco Salad w/Meat & Beans 2CS Crackers 1CS Peaches 1CS SF Vanilla Ice Cream 1CS</p>	<p>Thursday 29</p> <p>Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Banana 1CS Chocolate Pudding w/Topping 2CS Bread 1CS</p> 	<p>Friday 30</p> <p>Sausage Gravy w/ a Biscuit 2CS Brussel Sprouts Baked Squash 1CS Strawberries in SF Jello 1/2CS</p>

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1-2 bread / grain servings (1 - 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup

**Fat free dressing is served with salad

*****MENU SUBJECT TO
CHANGE WITHOUT NOTICE*****

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS. IN ADVANCE

Please leave your name, where you eat and what day