








# August 2009

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Farmers Market Week</b>            Beef Tips over Egg Noodles            Fresh Tomato Slices            Seasoned Summer Squash            Breadstick            Fresh Peach</p>	<p>4</p> <p><b>Ohio State Fair Day</b>            BBQ Pork on Wheat Bun            Creamy Coleslaw            Corn            Cantaloupe</p>	<p>5</p> <p>Chicken Ratatouille            Cauliflower Au Gratin            Whole Wheat Roll            Fresh Plum</p>	<p>6</p> <p>Baked Ham  <b>(LS Alt=Baked Fish)</b>            California Blend Vegetables            Fettuccine Alfredo            Fresh Pepper Rings            Zucchini Bread            Fruit Cocktail</p>	<p>7</p> <p>Cheeseburger on Bun            Saucy Baked Beans            Spinach and Tomato Salad            Honeydew Melon</p>
<p>10</p> <p>Honey Mustard Chicken            Garlic and Red Pepper Penne            Seasoned Wax Beans            Cauliflower &amp; Ranch Dressing            Whole Wheat Bread            Ambrosia Salad</p>	<p>11</p> <p>Beef and Broccoli            over Rice            Asparagus            Dinner Roll            Pears</p>	<p>12</p> <p>Pork Chop            Beets with Orange Sauce            Macaroni Salad            Cucumber Slices            Whole Wheat Bread            Mixed Berries</p> 	<p>13</p> <p><b>PGA Championship</b>            Kay Patkin Chicken            Steamed Red Skin Potatoes            Green Beans            Apricots            Bran Muffin</p>	<p>14</p> <p>Salisbury Steak with Gravy            Mashed Potatoes            Buttered Corn            Whole Wheat Roll            Grape Juice</p>
<p>17</p> <p>BBQ Chicken            Balsamic Tomato Salad            Venetian Blend Vegetables            Cornbread            Fresh Peach</p>	<p>18</p> <p>Turkey and Cheddar Sandwich            Coleslaw            Baked Sweet Potato            Strawberries</p> 	<p>19</p> <p><b>Great Britain Meal</b>            Fish and Chips  <b>(ALT: Chef Salad)</b>            Citrus Slaw            Fresh Pear            Scones and jam            Spicy Bread Pudding</p>	<p>20</p> <p>Egg Salad Pita Pocket  <b>(ALT: Chicken Salad)</b>            Broccoli Salad            Green Beans            Colby Cheese            Mandarin Oranges</p> 	<p>21</p> <p><b>Whole-Grains for Health</b>            Meatloaf            Barley Casserole            Carrots and Brussels Sprouts            Whole Wheat Bread            Fresh Apple</p>
<p>24</p> <p>Taco Salad            Cornbread            Blueberries &amp; Whipped Cream</p> 	<p>25</p> <p><b>Ice Cream Social</b>            BBQ Pork Spareribs  <b>(LF Alt=BBQ Chicken)</b>            Buttered Corn            Macaroni Salad            Fresh Watermelon            Dinner Roll            Ice Cream</p> 	<p>26</p> <p>Oven Fried Parmesan Chicken            Potato Salad            Peas and Carrots            Rye Bread            Mandarin Oranges</p>	<p>27</p> <p>Ham and Swiss Quiche  <b>(Alt: Turkey Swiss Quiche)</b>            Key West Blend Vegetables            Hash Brown Bake            Croissant            Chilled Orange Juice  <i>PC, Danbury &amp; Elmore            Birthday Cake</i></p>	<p>28</p> <p><b>Arts and Crafts Day</b>            Spaghetti and Meatballs            Summer Ratatouille            Breadstick            Grapes  <i>Genoa &amp; HDM Birthday Cake</i></p>
<p>31</p> <p>Deviled Steak            Creamy Mashed Potatoes            Spinach            Banana Pudding            Strawberries            Whole Wheat Bread  <i>Oak Harbor Birthday Cake</i></p>				<p>LS Alt= Low Sodium Alt            LF Alt=Low Fat Alt</p> <p><b>These items need to be ordered in advance, please.</b></p>