

August 2019

CUMBERLAND COUNTY NUTRITION PROGRAM

SITE MANAGER - JOHNNY FILE

785-9817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 29 30</p> <p>YOU MUST REGISTER TO ATTEND THE LUNCHEON PROGRAM.</p> <p>MEALS ARE ORDERED IN ADVANCE SO PLEASE CALL 785-9817</p> <p>AT LEAST ONE DAY IN ADVANCE TO REGISTER FOR OR TO CANCEL A MEAL.</p> <p>THANK YOU.</p>			<p>1</p> <p>Stuffed shell w/sweet Italian sausage in red sauce</p> <p>Mixed lettuce salad w/tomato and Ranch dressing</p> <p>Seedless Italian</p> <p>Chocolate cake</p>	<p>2</p> <p>Oven fried chicken (thigh & leg)</p> <p>Scalloped potatoes</p> <p>Collard greens</p> <p>Whole wheat bread</p> <p>Pineapples</p>
<p>5</p> <p>Pineapple baked ham</p> <p>Cut sweet potatoes</p> <p>Spinach</p> <p>Whole wheat bread</p> <p>Ambrosia</p>	<p>6</p> <p>Breaded fish w/tartar and cocktail sauce</p> <p>Stewed tomatoes</p> <p>Succotash</p> <p>Whole wheat bread</p> <p>Fresh orange</p>	<p>7</p> <p>Lasagna roll w/tomato sauce</p> <p>California blend vegetables</p> <p>Mixed lettuce salad w/tomato and French dressing</p> <p>Seedless Italian</p> <p>Iced white cake</p>	<p>8</p> <p>Egg salad w/lettuce & tomato</p> <p>Tri-colored vegetable pasta salad</p> <p>2 slices whole wheat bread</p> <p>Sliced peaches</p>	<p>9</p> <p>Meat loaf w/brown gravy</p> <p>Mashed potatoes</p> <p>Peas & carrots</p> <p>Whole wheat bread</p> <p>Tropical fruit</p>
<p>12</p> <p>BBQ chicken breast</p> <p>Buttered sliced parsley potatoes</p> <p>Green beans</p> <p>Whole wheat bread</p> <p>Carrot cake</p>	<p>13</p> <p>Stuffed pepper w/red sauce</p> <p>Parsley mashed potatoes</p> <p>Buttered carrots</p> <p>Whole wheat bread</p> <p>Mixed melon</p>	<p>14</p> <p>Chicken parmesan</p> <p>Penne pasta w/red sauce</p> <p>Mixed lettuce salad w/tomato & Italian dressing</p> <p>Seedless Italian</p> <p>Apricots</p>	<p>15</p> <p>Swedish meatballs w/gravy</p> <p>Egg noodles</p> <p>Broccoli</p> <p>Whole wheat bread</p> <p>Orange wedges</p>	<p>16</p> <p>Pork & beef hot dog w/mustard, ketchup & relish</p> <p>Potato salad</p> <p>Sauerkraut</p> <p>Hot dog roll</p> <p>Watermelon</p>
<p>19</p> <p>Stuffed cabbage roll in red sauce</p> <p>Mashed potatoes</p> <p>Buttered green beans</p> <p>Whole wheat bread</p> <p>Mixed melon</p>	<p>20</p> <p>Small shells & meatballs w/grated cheese & extra sauce</p> <p>Mixed lettuce salad w/tomato & French dressing</p> <p>Seedless Italian</p> <p>Fruit cocktail</p>	<p>21</p> <p>Sweet sausage patty w/onions and peppers</p> <p>Roasted new red potatoes</p> <p>Capri blend vegetables</p> <p>Hamburger bun</p> <p>Lemon pudding</p>	<p>22</p> <p>Thin bone-in baked pork chop w/gravy</p> <p>Brown rice</p> <p>Brussel sprouts (or asparagus)</p> <p>Dinner roll</p> <p>Sponge cake</p>	<p>23</p> <p>Baked breaded chicken cutlet w/gravy</p> <p>Stuffing</p> <p>Glazed carrots</p> <p>Whole wheat bread</p> <p>Banana Pudding</p>
<p>26</p> <p>Hoagie w/lettuce, tomato & mayo</p> <p>Potato salad</p> <p>Italian roll</p> <p>Mixed melon</p>	<p>27</p> <p>Beef patty in mushroom gravy</p> <p>Mashed potatoes</p> <p>Broccoli</p> <p>Whole wheat bread</p> <p>Banana</p>	<p>28</p> <p>Pizza</p> <p>Mixed lettuce salad w/tomato & Ranch dressing</p> <p>Ice Cream</p>	<p>29</p> <p>Breaded chicken fingers</p> <p>White rice w/cheddar cheese & broccoli</p> <p>Sugar snap peas</p> <p>Whole wheat bread</p> <p>Berry parfait</p>	<p>30</p> <p>Meat ravioli bake w/side of extra sauce</p> <p>Italian green beans</p> <p>Seedless Italian</p> <p>Applesauce</p>