



# AUGUST | 2018

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>		<p><b>1</b> Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6</p>	<p><b>2</b> Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5</p>	<p><b>3</b> Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>
<p><b>6</b> Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p><b>7</b> Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4</p>	<p><b>8</b> Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p>	<p><b>9</b> Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p><b>10</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p><b>13</b> Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6</p>	<p><b>14</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p><b>15</b> Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p>	<p><b>16</b> Crab Pasta Salad Carrots and Celery Sticks Raisins 7</p>	<p><b>17</b> Cobb Salad Fresh Banana Muffin French dressing 5</p>
<p><b>20</b> Walnut Pear Salad Carrot &amp; Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6</p>	<p><b>21</b> Beef &amp; Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p>	<p><b>22</b> Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>	<p><b>23</b> Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing Cake 4</p>	<p><b>24</b> Oriental Chicken Beets Banana Sesame Ginger Dressing 5</p>
<p><b>27</b> Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7</p>	<p><b>28</b> Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5</p>	<p><b>29</b> BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5</p>	<p><b>30</b> Ambrosia Carrot &amp; Celery Sticks Muffin 7</p>	<p><b>31</b></p>

### News

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

### Special Events

**August 23: Birthday Celebration**



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