



AUGUST | 2017

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>1 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6</p>	<p>2 Cobb Banana Muffin French Dressing 5</p>	<p>3 Ranch Pasta Cucumber Slices Fresh Orange 7</p>	<p>4 Calypso Peaches Wheat Roll Raspberry Vinaigrette Dressing 5</p>
<p>7 Caprese String Cheese Rye Bread Italian dressing 4</p>	<p>8 Beef & Bleu Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p>	<p>9 Walnut Pear Carrots and Celery Sticks Yogurt Raspberry Vinaigrette 6</p>	<p>10 Oriental Chicken Beets Banana Sesame Ginger Dressing 5</p>	<p>11 Crab Cobb Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>
<p>14 Orange Feta Tropical Fruit Wheat Roll Apple Juice Italian Dressing 7</p>	<p>15 Asian Sesame Ginger Cherry Tomatoes Banana Saltines Sesame Ginger Dressing 7</p>	<p>16 BLT Club Applesauce Roll Cucumber Slices French Dressing 5</p>	<p>17 Power Salad Raisins Wheat Bread Ranch Dressing 5</p>	<p>18 Ambrosia Carrots and Celery Sticks Muffin 7</p>
<p>21 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Apricots Ranch Dressing 4</p>	<p>22 Strawberry Spinach Cucumber Slices Raisins Raspberry Vinaigrette 4</p>	<p>23 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>24 Apple Almond Salad Carrots & Celery Sticks Roll 5</p>	<p>25 Loaded Spinach Fresh Orange Muffin French Dressing 5</p>
<p>28 Creamy Fruit Salad Carrots & Celery Sticks Sweet Bread 6</p>	<p>29 Loaded Spinach Pears Rye Bread Banana French Dressing 6</p>	<p>30 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>31</p>	

MENU
Includes Low Fat Milk

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

Meals Subject to Change

Special Events
August 24 – Birthday Celebration



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