

AUGUST

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IMPORTANT	Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996	Sliced Turkey with Pineapple Green Beans	Salisbury Steak Steamed Green Beans	Rigatoni Turkey Salad Macaroni Salad
Milk quarts will be delivered once a week. Try drinking one serving of the quart with lunch each day		Wheat Roll Apple Calories: 505 Carbs: 79g Fat: 7.5g Protein: 23g	Mashed Potatoes Graham Cracker Calories: 527 Carbs: 51g Fat: 24g Protein: 40g Sodium: 660mg	Carrot Pineapple Salad Wheat Bread Peaches Calories: 636 Carbs: 72g Fat: 9.4g Protein: 22g Sodium: 730mg
		1-Aug	2-Aug	3-Aug
Chicken Spaghetti Sautéed Green Beans Garden Salad	Taco Casserole Refried Beans Sautéed Yellow Squash Cornbread	Oven Fried Chicken California Blend Vegetables Macaroni and Cheese Strawberry Shortcake	Tuna Salad with Tomato Wedges Pasta Salad Marinated Cucumber Salad Wheat Crackers Chocolate Pudding	Cheese Enchilidas w/ Enchilida Sauce Spanish Rice Pinto Beans Mexican Corn Bread Oreo Cookies
Calories: 822 Carbs: 86g Fat: 12.5g Protein: 34g Sodium: 695mg *2% Milk Quart*	Calories: 902 Carbs: 96g Fat: 24g Protein: 47g Sodium: 890mg	Calories: 626 Carbs: 88g Fat: 12.5g Protein: 35g Sodium: 1,001mg	Calories: 665 Carbs: 74g Fat: 9.8g Protein: 21g Sodium: 594mg	Calories: 710 Carbs: 82g Fat: 8.8g Protein: 38g Sodium: 716mg
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug
Vegetable Lasgna Tuscany Blend Vegetables Mashed Potatoes Fruit Salad *2% Milk Quart*	Chicken Salad Carrot and Raisin Salad Marinated Vegetable Salad Wheat Crackers Apple	Beef and Vegetable Stir Fry White Rice Steamed Broccoli Orange	Taco Salad Steamed Corn Pinto Beans Graham Cracker	Turkey Sandwich Bag of Baked Lays Tomato Salad Cole Slaw Wheat Bread Yogurt
Calories: 590 Carbs: 88g Fat: 17g Protein: 37g Sodium: 790mg	Calories: 662 Carbs: 80g Fat: 12.5g Protein: 33g Sodium: 828mg	Calories: 562 Carbs: 90.03g Fat: 8.8g Protein: 38g Sodium: 989mg	Calories: 663 Carbs: 94g Fat: 15g Protein: 38g Sodium: 927mg	Calories: 603 Carbs: 81g Fat: 21g Protein: 48g Sodium: 1103mg
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug
Meatloaf California Blend Vegetables Mashed Potatoes Apple *2% Milk Quart*	Baked Four Cheese Ziti Zucchini Green Beans Fruit Salad Breadstick	Barbecue Boneless Chicken Thighs Macaroni and Cheese Potato Salad Cornbread Pineapple Cup	Chicken Caesar Salad Pasta Salad Marinated Italian Salad Garlic Breadstick Fresh Orange	Cheeseburger Macaroni Carrots Broccoli Wheat Roll Applesauce
Calories: 720 Carbs: 81g Fat: 28g Protein: 33g Sodium: 955mg	Calories: 670 Carbs: 96g Fat: 12.5g Protein: 21g Sodium: 1,0001mg	Calories: 737 Carbs: 82g Fat: 18g Protein: 22g Sodium: 836mg	Calories: 595 Carbs: 80g Fat: 11.5g Protein: 30g	Calories: 668 Carbs: 79g Fat: 12g Protein: 38g Sodium: 738mg
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug
Chicken Fajitas w/ Onions & Peppers White Rice Steamed Corn Apple *2% Milk Quart*	Chili Black Beans Cornbread Yogurt	Cheeseburger Tater Tots Baked Beans Fresh Banana	King Ranch Casserole White Rice Sautéed Spinach Tortilla *2% Milk Quart* Diced Peaches	Meatballs over White Rice Baby Carrots Sautéed Broccoli Chocolate Pudding
Calories: 720 Carbs: 72g Fat: 13.5 Protein: 38g Sodium: 725mg	Calories: 660 Carbs: 76g Fat: 19.5g Protein: 35g Sodium: 989mg	Calories: 768 Carbs: 87g Fat: 11.5g Protein: 38g Sodium: 748mg	Calories: 747 Carbs: 72g Fat: 21g Protein: 21g	574 calories 34.4 g Protein 25 g Fat
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug

PLEASE NOTE: SIDE ITEMS MAY CHANGE WITH FRESH PRODUCE SHIPMENTS PROVIDED BY THE NORTH TEXAS FOOD BANK.