

# Friendly Fork August 2019 Menu



1	Sloppy Joe on Wheat Bun, Oven Brownd Potato, Southwest Coleslaw, Buttered Apples, Milk 1%
2	BBQ Pulled Pork, Red Beans and Rice, Spinach Salad with Mandarin Oranges, Apricot Crisp, Milk 1%
5	Fried Chicken Thighs, Macaroni and Cheese, Apple Coleslaw, Fresh Pineapple, Crunchy Fruit Snack*, Milk 1%
6	Lentil-Black Bean Soup, Wheat Crackers, Pumpkin Roll, Butter, Spinach-Beet Salad, Lemon Cream Gelatin, Milk1%
7	Lemon Fish, Tartar Sauce, Lemon Wedge, Baked Potato, Butter, Sour Cream, Asparagus-Corn-Red Pepper, Morning Glory Muffin with Walnuts*, Butter, Milk 1%
8	Beef and Bean Taco with Pico De Gallo, Sour Cream, Pepi Corn, Orange-Apple Slices, Oatmeal Raisin Cookie, Milk 1%
9	Roast Turkey- Gravy, Mashed Potatoes- Gravy, Broccoli- Carrots, Pumpkin Muffin, Butter, Fresh Strawberries-Bananas, Nut Cup Milk 1%
12	Beef Burgundy over Parslied Rice, Peas and Onions, Caesar Salad, Buttermilk Biscuit, Butter, Blueberry-Cranberry- White Chocolate Chip Cookie, Milk 1%
13	Chicken Pot Pie over Buttermilk Biscuit, Green Beans, Pineapple-Banana Waldorf Salad, Brownie, Milk 1%
14	Chicken Fajita, Sour Cream, Pico De Gallo, Refried Beans, Spanish Rice, Strawberry Gelatin with Bananas, Milk 1%
15	Turkey Bacon Wrap, Ginger-Lime-Cilantro Grilled Sweet Potatoes, Pear-Cranberry- Cabbage Slaw, Pumpkin Bar, Milk 1%

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<b>16</b>	Krautburger, Spicy Mustard, Hot German Potato Salad, Grapes- Melon- Bananas, Fruit Cobbler, Nut Cup*, Milk 1%
<b>19</b>	Chicken Noodle Casserole, Mixed Vegetables, Rainbow Fruit Salad, Rocky Road Pudding*, Milk 1%
<b>20</b>	Beef-Bean Taco Salad with Tomatoes- Shredded Lettuce, Cheese, Sour Cream, and Salsa, Spanish Brown Rice, Pepi Corn, Mixed Fruit with Red, Grapes, Milk 1%
<b>21</b>	Beef Tips over Mashed Potatoes, Corn, Pumpkin Roll, Butter, Fresh Strawberries and Bananas, Milk 1
<b>22</b>	Salmon with Lemon Wedge, Tartar Sauce, Creamy Rice Pilaf, Wheat Biscuit, Butter, Three Bean Salad, Melon Mix, Milk 1%
<b>23</b>	French Dip Sandwich, Au Jus Sauce, Wheat Hoagie Bun, Baked Sweet Potato, Butter, Garlic Cauliflower, Fresh Pear, Milk 1%
<b>26</b>	Lasagna, Tossed Salad with Garbanzo Beans, Italian Dressing, Breadstick, Butter, Pears-Peaches- Cherries, Crunchy Fruit Snack*, Milk 1%
<b>27</b>	Roast Beef with Brown Gravy, Baked Potato, Butter, Sour Cream, Wheat Roll, Butter, Tuscan Vegetable Blend, Fresh Peach, Milk 1%
<b>28</b>	Beef Brisket, Roasted Turnips and Parsnips, Corn on the Cob, Rye Roll, Butter, Cinnamon Applesauce, Milk 1%
<b>29</b>	Navy Bean Soup, Wheat Crackers, Chicken Salad on Wheat Bread, Lettuce- Tomato, Broccoli- Cauliflower Salad, Nut Cup*, Milk 1%
<b>30</b>	Chicken Kiev, Roasted Red Potatoes, Mixed Vegetables, Rye Roll, Butter, Ambrosia Salad, Milk 1%

\*Contains nuts