

Friendly Fork, August Menu 2018

1	BBQ Beef on Wheat Bun, Ketchup, Oven Browned Potato, Southwest Coleslaw, Apricot Halves, Milk 1%
2	Herb Chicken, Gravy, Creamy Rice Pilaf, Tomato and Zucchini, Raisin Bran Muffin, Butter, Melon and Fresh Strawberries, Milk 1%
3	Hamburger, Wheat Bun, Lettuce, Tomato, Onion, Fresh Pineapple, Creamy Red Potato Salad, Ketchup, Mustard, Crunchy Fruit Snack, Milk 1%
6	Beef Stew, Orange-Apple-Banana Salad, Corn Bread Muffin, Honey, Butter, Lemon Cream Gelatin, Milk 1%
7	Lemon Baked Fish, Tartar Sauce, Lemon Wedge, Baked Potato, Butter, Sour Cream, Asparagus-Corn-Red Pepper Blend, 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 with Gravy, Macaroni and Cheese, Broccoli and Carrots, Wheat Roll, Butter, Fresh Strawberries and Bananas, Milk 1%
10	Krautburger, Hot German Potato Salad, Grapes, Melon, Grapes and Bananas, Nut Cup, Milk 1%
13	Navy Bean Soup, Wheat Crackers, Chicken Salad Sandwich on Wheat Bread, Lettuce and Tomato, Rainbow Fruit Salad, Chocolate Chip Cookie, Milk 1%
14	Vegetable Lasagna, Tossed Salad with Garbanzo Beans, Italian Dressing, Pears, Peaches and Cherries, Crunchy Fruit Snack, Breadstick, Butter, Milk 1%
15	Sweet and Sour Pork over Brown Rice, Soy Sauce, Chinese Vegetables, Spinach Salad with Mandarin Oranges, Apricot Crisp, Milk 1%
16	Meatloaf, Gravy, Mashed Potatoes, Gravy, Peas and Onions, Wheat Roll, Butter, Cherry Gelatin with Bananas, Milk 1%
17	Chicken Noodle Casserole, California Blend Vegetables, Rainbow Fruit Salad, Wheat Roll, Butter, Rocky Road Pudding, Milk 1%
20	Chicken Pot Pie with Wheat Biscuit, Spinach-Garbanzo Salad with Vinegar-Oil Dressing, Fresh Strawberries, Milk 1%
21	Beef Tips over Mashed Potatoes, Broccoli and Cauliflower, Wheat Roll, Butter, Fresh Strawberries and Bananas, Milk 1%
22	Salmon with Lemon Wedge, Tartar Sauce, Dill Roll, Butter, Three Bean Salad, Melon Mix, Milk 1%
23	French Dip Sandwich, Au Jus Sauce, Wheat Hoagie Bun, Baked Sweet Potato, Broccoli, Cantaloupe with Watermelon, Milk 1%
24	Herbed Pork, Gravy, Whipped Sweet Potatoes, California Vegetable Mix, Honeydew and Fresh Blueberries, Buttered Apples, Milk 1%

Friendly Fork, August Menu 2018

27	Roast Beef with Brown Gravy, Baked Potato, Butter, Sour Cream, Wheat Bread, Butter, Tuscan Vegetable Blend, Fresh Peach, Milk 1%
28	Chicken Fajita, Sour Cream, Pico De Gallo, Aztec Black Bean Salad, Spanish Rice, Banana, Milk 1%
29	Turkey Bacon Wrap, Broccoli and Cauliflower, Mixed Fruit with Red Grapes, Strawberry Banana Bar, Milk 1%
30	Chicken Kiev, Roasted Red Potatoes, Lemon Broccoli, Rye Roll, Butter, Ambrosia Salad, Milk 1%
31	Spaghetti with Meat Sauce, Summer Vegetable Medley, Wheat Roll, Butter, Mandarin Oranges and Pineapple, Milk 1%