










August Menu 2018

Site: Rapid City

<p>Sturgis Rally Week - Aug.3-12</p>  <p>Central States Fair - Aug 17-26</p> 		<p>#26-3 1</p> <p>Oven Baked Beef Stew 1CS LS Crackers 2CS Fruit Cocktail 1CS Cranberry Orange Bar 1CS</p>	<p>#5-1A 2</p> <p>Creamed Turkey 1CS Over Mashed Potatoes 1CS Parslied Carrots 1/2 CS Coleslaw 1/2CS Mandarin Oranges 1CS</p>	<p>#47 3</p> <p>Pork Loin Roast Parslied Potatoes 1CS Broccoli Patio Salad 1CS Crunchy Cranberry Salad 1CS</p>
<p>#62A 6</p> <p>LS Ham Parslied Potatoes 1CS Peas 1CS Med. Orange 1CS Cooked Apples 1 1/2CS</p>	<p>#9 7</p> <p>Autumn Chicken 1CS Baked Sweet Potato 1 1/2 CS Harvard Beets 1CS Tossed Salad Mandarin Oranges 1CS</p>	<p>#35 8</p> <p>Cabbage Beef Soup 1 1/2CS Chicken Salad Sandwich 2CS Bread Pudding w/topping 1 1/2CS</p> 	<p>#6-3 9</p> <p>Chicken Cacciatore 1/2CS Oven Baked Rice 1 1/2CS Tossed Salad Peaches 1CS</p>	<p>#3-17 10</p> <p>Sausage Gravy/Biscuit 2CS Green Beans Baked Squash 1CS Strawberries in Jello 1CS</p> 
<p>#10 13</p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 1CS Peas 1CS Apricots 1CS</p>	<p># 66A HAPPY BIRTHDAY 14</p> <p>Sloppy Joe on w/w Bun 2CS Potato Wedges 1CS Cooked Baby Carrots Pears 1CS Cake 2CS</p> 	<p>#75A 15</p> <p>Baked Chicken 1/2CS Baked Sweet Potato 1 1/2CS Green Beans Tomato Spoon Salad 1/2CS Pears 1CS & Cookie 1CS</p>	<p>#20-1A 16</p> <p>Salisbury Steak w/Gravy 1CS Baked Potato 1CS California Veggies Orange Juice 1CS Plums 1CS</p>	<p>#25-1A 17</p> <p>Taco Salad w/Meat & Beans 2CS Unsalted Crackers 1CS Fruit Crisp 1 1/2CS Vanilla Ice Cream 1CS</p>
<p>#C2 20</p> <p>Breaded Baked Fish Hashbrowns 1CS Toss Salad w/Tomato Tropical Fruit 1CS</p>	<p>#3-1A 21</p> <p>Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1CS Tomato Slices on Lettuce Seasonal Fruit 1 CS</p>	<p>#34A 22</p> <p>Cheeseburger Pie 1CS Glazed Carrots 1CS Spinach Salad w/Man Orange 1/2CS Banana 2CS</p>	<p>#72B 23</p> <p>BBQ Chicken legs 1CS Parslied Potatoes 1CS Broccoli Lemon Sunshine Salad 1CS Cooked Apples 1 1/2CS</p> 	<p>#1-17 24</p> <p>Turkey & Dressing 2CS Mashed potatoes w/Gravy 1CS Brussels Sprouts Cranberry Sauce 1CS Apricots 1CS</p>
<p>#1-15 27</p> <p>Hamburger on a Bun 1CS Potato Salad 1 1/2CS Carrots 1/2CS V-8 Juice Banana 2CS</p> 	<p align="center">Chef's Choice</p>	<p>#20-2 29</p> <p>Hungarian Goulash 3CS Cooked Cabbage Fresh Fruit 2CS Cookie 1CS</p>	<p>#11 30</p> <p>Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Banana 2CS Chocolate Pudding w/topping 2CS</p>	<p>#57C 31</p> <p>Beef Noodle Stroganoff 2CS Parsley Carrots 1/2CS Coleslaw Fresh Orange 1CS</p> 

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup

**Fat free dressing is served with salad

**FOR RESERVATIONS OR CANCELLATION
PLEASE CALL
THE MEALS PROGRAM OFFICE AT 394-6002
OR THE MAIN KITCHEN AT 343-8214
24 HRS. IN ADVANCE**