## **Washtenaw County** August 2015

Monday		Tuesday		Wednesday		Thursday		Friday	
3	1	4		5		6		7	
Macaroni and Cheese	1 cup	Chicken A La King	1 cup	Sloppy Joe	1/2 cup	Honey Mustard Chicken Breast	1 piece	Meatloaf	1 eac
Okra and Tomatoes		Sliced Carrots		Potato Wedges	1/2 cup	Country Corn		Brown Gravy	1 oz
Green Peas		Green Beans		Peas and Carrots		Spinach		Whipped Potatoes	1/2 cu
Potato Roll	, 1-	Biscuit		Hamburger Bun	, ,	Wheat Bread		Broccoli and Cauliflower	1/2 cu
Fresh Fruit		Pineapple Tidbits		Fresh Banana		Peaches		Wheat Bread	1 slice
Milk	1 each		1 each			Milk	, ,	Fresh Fruit	1 each
Margarine		Margarine		Margarine		Margarine	1 each		1 each
6 carbohydrates	1 Cacii	5 carbohydrates	1 Cacii	5 carbohydrates	1 Cacii	4 carbohydrates	1 Cacii	Margarine	1 each
o carbonyaraces		3 carbonyarates		3 carbonyarates		4 carbonyarates		4 carbohydrates	1 Caci
10		11		12		13		14	
Potato Crusted Fish	1 each	BBQ Rib Patty	1 each	Mushroom Chicken Breast	1 piece	Glazed Ham	3 oz	BBQ Chicken Thigh	1 piec
Potato Wedges		Mixed Beans		land the same of		German Potato Salad		Baked Beans	1/2 cu
Coleslaw		Glazed Carrots		Green Peas		Green Beans		Turnip Greens	1/2 cu
Wheat Roll	, ,	Hamburger Bun	, ,	Potato Roll		Wheat Roll		Cornbread	1 piec
Peaches		Fresh Fruit		Brownie and Ice Cream(C)		Fresh Banana		Pineapple Tidbits	1/2 cu
Milk	1 each			Lorna Doone Cookies (HDM)	1 each		1 each		1 each
Margarine		Margarine		Orange Juice		Margarine		Margarine	1 each
Tartar Sauce		5 carbohydrates	1 Cacii	Milk	1 each	4 carbohydrates	1 Cacii	4 carbohydrates	1 Caci
	1 each	3 carbonyarates				4 carbonyarates		4 carbonyarates	
4 carbohydrates				Margarine	1 each				
17		10		5 carbohydrates	-	20		21	
==	4	18	4		2/4		4	I	2 -
Swiss Steak		Smoked Sausage		Krab Pasta Salad		Baked Chicken Breast		Pork with Supreme Sauce	3 oz
Whipped Potatoes		Sauerkraut	, ,	Three Bean Salad		Tarragon Cream Sauce		Country Potatoes	1/2 cu
Spinach		Potato Wedges	, ,	Tossed Salad	, ,	Delmonico Potatoes	, ,	Broccoli	1/2 cu
Cornbread		Hot Dog Bun		Saltine Crackers		Spring Mixed Vegetables	, ,	Wheat Bread	1 slice
Sliced Pears		Peaches		Fresh Fruit		Wheat Bread		Fresh Fruit	1 each
Milk	1 each		1 each			Applesauce	1/2 cup		1 each
Margarine	1 each	Mustard	1 each	Salad Dressing	1 each			Margarine	1 each
4 carbohydrates		5 carbohydrates		5 carbohydrates		Margarine 4 carbohydrates	1 each	4 carbohydrates	
24		25		26		27		28	
Vegetable Lasagna	1 cup	Taco Meat	4 oz	Garlic Rosemary Chicken Breast	1 nieco	Sliced Turkey Breast	3 oz	Creole Chicken Thigh	1 each
Green Beans		Shredded Cheese		Scalloped Potatoes		Turkey Gravy	3 02 1 oz	Brown Rice	1/2 cu
Sliced Carrots		Pinto Beans					_		
				Capri Mixed Vegetables		Whipped Potatoes		Spinach	1/2 cu
Wheat Roll		Lettuce and Tomato (C)	, ,	Texas Bread		Green Peas		Cornbread	1 piec
Fresh Fruit		Flour Tortilla		Fresh Fruit		Wheat Bread		Pineapple Tidbits	1/2 cu
Milk		Apple Juice	1 each			Fresh Orange	1 each		1 each
Margarine	1 each		1 each	Margarine	1 each			Margarine	1 each
6 carbohydrates		Taco Sauce 5 carbohydrates	1 each	4 carbohydrates		Margarine 5 carbohydrates	1 each	4 carbohydrates	
31					<u> </u>				
Hamburger Patty	1 each								
Lettuce / Tomato (C)	1/4 cup								
Potato Wedges									
<u> </u>	1/2 cup								
Mixed Vegetables	1/2 cup								
Hamburger Bun	1 each								
Orange Juice	1 each								
Milk	1 each								

1 each

Mustard/Ketchup
5 carbohydrates