

AUGUST LCCA MENU

TEA AND MILK SERVED

DAILY

M-F @ 11:00 A.M.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	08/03 3 OZ BEEF TIPS ¼ CUP BROWN GRAVY ½ CUP RICE ½ squash W/BUTTER 1 SQ CORNBREAD ½ CUP FRUIT	08/04 2 OZ CHICKEN PARM ½ CUP EGG NOODLES W/OLIVE OIL ½ GREEN BEANS 1COOKIE	08/05 3 OZ CHICKEN TENDERS ¼ CUP PEPPER GRAVY ½ BUTTERED MASHED POTATOES ½ CUP CARROTS 1 PUDDING CUP	08/06 1 HAMBURGER ½ CUP BAKED BEANS ½ CUP FRIES LETT/TOM/ONION ½ FRUIT	08/07 2 OZ SANTA FE PORK ½ CUP SEASONED HOMINY 1 CUP VEGGIE SLAW ½ CP FRUIT
2	08/10 2 OZ CHICKEN ENCHILADA BAKE ½ CUP SPANISH RICE ½ CUP CORN @ BLACK BEANS 1 PUDDING CUP	08/11 2 OZ LEMON PEPPER CHICKEN ½ CP NEW POTATOES ½ CUP GREEN BEANS ½ CUP FRUIT	08/12 3 OZ BEEF TIPS ½ CUP BUTTERED PARSLEY PASTA ½ CUP CARROTS 1 COOKIE	08/13 2 OZ CHICKEN FRIED STEAK ½ CP PEPPER GRAVY ½ MASHED POTATOES ½ CUP MIXED VEGGIES ½ CUP FRUIT	08/14 1 ALL BEEF HOT DOG 2 TBSP CHEESE ¼ CUP CHILI ½ MAC @ CHEESE ½ CUP GREENS ½ CUP FRUIT
	08/17 3 oz SMOTHERED STEAK W/GRAVY 1 CUP PARLSEY DICED POTATO @ CARROT BLEND ½ CP FRUIT	08/18 2 OZ HAM ½ CUP YAMS ½ CUP GREENS ½ CUP FRUIT	08/19 2 OZ GARLIC CHICKEN ½ CP PARSLEY BUTTERED NOODLES ½ CUP CABBAGE 1COOKIE	08/20 3 OZ SWEET @ SOUR PORK. ½ CUP FRIED RICE ½ CUP ORIENTAL VEGGIES ½ CP FRUIT	08/21 2 OZ MEATLOAF ½ MASHED POTATOES ½ PARM CHEESE BROCCOLI ½ CUP FRUIT
4	08/24 1 cup Turkey taco MIX w/2 TBSP shredded cheese ½ CUP PINTO BEANS 1 OZ CHIPS /SALSA PCK ½ CP FRUIT	08/25 1 CHEESEBURGER LETT/TOM/ONION ½ CUP TOTS ½ BAKED BEANS ½ CUP FRUIT	08/26 3 OZ CHICKEN SAUSAGE ½ BEANS W/RICE ½ CUP BUTTERED OKRA 1 SQ CORNBREAD ½ CP FRUIT	08/27 2/3 CUP SPAGHETTIE W/MEAT SAUCE ½ CUP GREEN BEANS ½ CUP 1 CUP VEGGIE SLAW. 1 GARLIC ROLL ½ CP FRUIT	08/28 2 OZ CHICKEN TENDER 1 HAMBURGER BUN ½ CP WEDGES ½ CORN ½ CP FRUIT
5	08/31 3 OZ BREADED FISH ½ CUP SOUTHWEST LENTILS ½ COLESLAW ½ CP FRUIT	09/1 3 OZ LEMON PEPPER CHICKEN ½ CUP RICE PILAF ½ CUP BROCCOLI 1 COOKIE	09/2 3 OZ BBQ RIBLET ½ CUP CORN W/PEPPERS ½ SQUASH 1 PUDDING CUP	09/3 2 OZ TURKEY ½ MASHED POTATOES ½ CP MIXED VEGGIES/ ½ cp fruit	09/4 1 CUP TURKEY LASAGNA ½ CP VEGGIE MEDLEY 1 CUP SALAD SLAW 1 GARLIC ROLL ½ CP FRUIT

