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<tr>
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<tbody>
<tr>
<td>1</td>
<td>7</td>
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<tr>
<td>Turkey &amp; Swiss WW Bread Macaroni Salad Banana Juice Applesauce 1 % Milk</td>
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<td>2</td>
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<td>9</td>
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<tr>
<td>All beef hotdog on bun with chili, cheese, mustard, ketchup, onions Baked beans Cole Slaw Melon 1% Milk</td>
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<td>10</td>
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<tr>
<td>4 Independence Day observed Centers Closed</td>
<td>5 Pizza w/ Meat Salad Bar (mixed greens, fresh spinach, meat, cheese, hard cooked egg, beans, veggies) Fruit 1 % Milk</td>
<td>6 Independence Day observed Centers Closed</td>
<td>7 Independence Day observed Centers Closed</td>
<td>8 Independence Day observed Centers Closed</td>
</tr>
<tr>
<td>13 BBQ Beef /Bun Roasted Potatoes Roasted Zucchini Coleslaw Fruit 1 % Milk</td>
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<tr>
<td>14 Meatballs w/ gravy Penne Pasta Spinach (w/ vinegar on side) vanilla pudding/Banana Whole Grain Bread/Roll Juice 1% milk</td>
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<tr>
<td>15 Chicken Tenders Seasoned Fries Broccoli Bean Salad Whole Wheat Bread 1 % Milk <strong>Ice Cream Social (cong.)</strong> 1/2 c. ice cream, 1/2 c. fruit</td>
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<td>16 Pork Chops Green Beans Au gratin Potatoes Whole Wheat bread Fruit Juice 1 % Milk</td>
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<td>17 Summer Cold Plate on Bed of lettuce (1 c.) w/ Chicken Salad (3 oz.) Potato Salad (1/2 c.) Tomato Wedges (2) Cottage Cheese (1/4 c.) Pickled Egg &amp; Beets Fruit WW Crackers 1% Milk</td>
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<td>18 Colorful Veggie Salad Grilled Chicken on Bun Baked Beans Ambrosia Tarts (m. oranges, cr. Pineapples, mini marshmallows, coconut, whip topping, gram crackers- top) 1% Milk</td>
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<td>19 Meatloaf Mashed Potatoes/gravy Green Beans Fruit Juice 1% Milk WW Bread</td>
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<td>20 Spaghetti/meat sauce Broccoli Salad Garlic Bread Fruit 1% Milk</td>
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<td>21 Chef's Choice 2 oz. protein 1 Legume 2 starches 3 fruits/vegetables 1% Milk</td>
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<td>22 Baked Chicken Rice Green Beans with Herb Butter Whole Grain Bread Fruit Juice 1 % Milk</td>
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<td>23 Tuna Noodle Casserole Brussel Sprouts Fruit Juice Whole Grain Bread 1% Milk</td>
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<td>24 Steak Wedgie /lettuce, Tomato &amp; onion French fries Creamy Cucumber salad Juice 1% Milk</td>
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<tr>
<td>25 Taco Bar/salad-(w refried beans, Seasoned Meat, Shredded Greens/Lettuce, chopped tomatoes &amp; Onions, Cheese, Salsa) Fat Free Sour Cream Tortilla Chips Fruit Juice 1% Milk</td>
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<tr>
<td>Italian Sausages on hoagie Roll w/green pepper &amp; onion, topped w/ marinara sauce</td>
<td>Bacon/Egg Salad on WW bread Lettuce, Tomato, Onion Salad Macaroni Salad Fruit 1% Milk</td>
<td>Hamburger on WW Bun California Blend Veggies Oven Fries Fruit Brownie 1% Milk</td>
<td>Crispy Fried Chicken Potato Salad Coleslaw 4-Bean Baked Beans WW Roll Melon Cup 1% Milk</td>
<td>Breakfast for Lunch Sausage Gravy over Biscuits Home Fries Sliced Tomatoes Fruit Salad Juice 1% Milk</td>
</tr>
<tr>
<td>10 Spaghetti/meat sauce Broccoli WW Bread Juice Applesauce 1% Milk</td>
<td>11 Pulled BBQ Pork/ Bun Coleslaw Corn on Cob Baked Beans Melon/Cantaloupe 1% Milk</td>
<td>12 Chicken a la king over a whole Biscuit Mashed potatoes Mixed Veg Juice Applesauce with cinnamon 1% Milk</td>
<td>13 Beef Tips over noodles Lima beans Fruit Juice WW Bread 1% Milk</td>
<td>Southwest Salad Bar (Grilled Chicken strips 2 oz. , 1 1/2 c lettuce, shr. carrots, veggies, beans, grilled corn, salsa, fat free sour cream) Fruit Juice Roll 1% Milk</td>
</tr>
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<td>17 Bistro Chicken Pasta Capri Blend Veg juice Banana WW Bread 1% Milk</td>
<td>18 BBQ Ribs on bun Macaroni &amp; Cheese Coleslaw Fruit Juice Milk</td>
<td>19 Meatloaf Mashed Potatoes Carrots Fruit Juice WW Bread 1% Milk</td>
<td>20 Taco Salad (ground meat, lettuce, tomato, cheese, onion, sour cream) Refried beans Corn bread Juice Fruit 1% Milk</td>
<td>Ham/Turkey wrap Salad Bar( greens, beets, carrots, peppers, egg, meat, cheese, chick peas, pasta salad, potato salad and more) Fruit Crisp 1% Milk</td>
</tr>
<tr>
<td>24 Hot Dog Bar (Chili, coleslaw, onions, cheese, etc.) 4 Bean Bake Fresh Fruit Juice 1% Milk</td>
<td>25 Fish Au Gratin Potatoes Stewed Tomatoes Pineapple Tidbits/Fruit Juice Whole Grain Bread 1% Milk</td>
<td>26 Roast Pork Reduced Sodium Kraut (1/4 c) Whipped Potatoes Rye Bread Fruited Jell-O w/ topping Chunky Applesauce 1% Milk</td>
<td>27 Chef's Choice 2 oz. protein 1 Legume 2 starches 3 fruits/vegetables 1% Milk</td>
<td>28 Sloppy joes / bun Tatar Tots Cucumber Tomato Salad Fruit Juice 1% Milk</td>
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<td>28</td>
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<td>31</td>
<td>32</td>
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**GARRETT COUNTY SENIOR NUTRITION PROGRAM**

August 2020
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| August 31<sup>st</sup>  
Herb Crusted Chicken  
Scalloped Potatoes  
Baby Carrots  
Whole Wheat Bread  
Fresh Fruit  
Juice  
1% Milk | 1  
Lasagna  
Tossed Salad  
Garlic Toast  
Fruit Cup  
Juice  
1% Milk | 2  
Ham/Turkey wrap  
Salad Bar( greens, beets, carrots, peppers, egg, meat, cheese, chick peas, pasta salad, potato salad and more)  
Fruit Crisp  
1% Milk | 3  
Salmon Patties w/Dill sauce  
Rosemary potatoes  
Vegetable  
Scalloped Apples  
Juice  
1% Milk  
WW Bread | 4  
**Breakfast for Lunch**  
Scrambled Eggs  
Ham  
Home Fries  
Tomato Slices  
Baked Apples w/ cinnamon  
Biscuit  
Juice  
1% Milk |
| 8  
Chicken Parmesan  
½ c. noodles w/1/2 marinara Sauce  
Italian Bread  
Tossed Salad w/beans  
Tropical Fruit  
1% Milk | 9  
Chicken salad / WW bun  
Lettuce, tomato, onion  
Pickled beets  
Fruit salad  
juice  
1% Milk | 10  
Open face hot Turkey Sandwich (WW bread)  
Mashes Potatoes w/ Gravy  
Green Beans  
Beets  
Grape Juice  
1% Milk | 11  
Spaghetti/meat sauce  
Spinach  
Side Salad  
Fresh Fruit  
Garlic Toast  
1% Milk | 12  
**Chef's Choice**  
3 oz. Protein  
**1 Legume**  
3 Fruits/Vegetables  
2 Starches-grain or veg  
1% Milk | 13  
**Mozzarella Veggie Salad**  
Make Your Own Deli Sandwich with turkey or Roast Beef; lettuce, tomato  
Assorted Breads**whole grains**  
Fruit  
Juice  
1% Milk | 14  
Sliced Tomatoes Rings & Onion on lettuce  
Hamburger on Bun  
Macaroni Salad  
Four Bean Bake  
Fruit  
1% Milk  
22 Baked Ziti w/ Italian Sausage (½ c. noodles, ½ c. sauce/veg., 2 oz. meat, 1 oz. cheese)  
Tropical Fruit  
Italian Bread  
1% Milk | 23  
**Zesty Herb Baked Fish Rice Pilaf**  
Broccoli  
Mandarin Oranges  
Whole Grain Bread  
juice  
1% Milk | 24  
Chicken Tenders  
Potato wedges  
Celery and Dip  
Peas & Carrots  
Banana  
WW Roll  
1% Milk | 25  
**Baked Potato Bar** (1/2 c. broccoli, cheese, chili, sour cream)  
Side Salad  
Fruit  
Corn Bread  
1% Milk | 26  
**Turkey/Cheese on WW Bun**  
Macaroni & Cheese  
Green Beans  
Juice  
Fruit  
1% Milk  
29 Apple Juice  
Bratwurst  
Sauerkraut  
Mashed Potatoes  
Harvard Beets  
Gingerbread w/ topping  
1% Milk | 27  
**Beef Stew**  
WW Crackers  
Mandarin Oranges  
Pudding  
1 % Milk | 28  
**Turkey/Cheese on WW Bun**  
Macaroni & Cheese  
Green Beans  
Juice  
Fruit  
1% Milk | 29  
**Apple Juice**  
Bratwurst  
Sauerkraut  
Mashed Potatoes  
Harvard Beets  
Gingerbread w/ topping  
1% Milk | 30  
**Beef Stew**  
WW Crackers  
Mandarin Oranges  
Pudding  
1 % Milk | 31  
**Apple Juice**  
Bratwurst  
Sauerkraut  
Mashed Potatoes  
Harvard Beets  
Gingerbread w/ topping  
1% Milk |