

Elk Mountain Senior Center 307-348-7387 Please R.S.V.P. by 8:30 AM the day of the meal

<p><b>August 2018</b></p> 	<p><b>Happy Birthday!</b> Linda Runyan 2 Hope Brooks 2 Evette Eastman 2 Sheri Johnson 14 Denny Wick 15 Cathy McAtee 22</p>					
<p><u>Recommended Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>			<p><b>WEDNESDAY 1</b> Sloppy Jo French Fries Mixed Vegetables Frog Eye Salad Milk</p>	<p><b>THURSDAY 2</b> Ham Salad on Lettuce leaf Pasta Salad Pickled Beets Wheat Bread Mixed Fruit Milk</p>	<p><b>FRIDAY 3</b> Pepper Steak Rice Broccoli Wheat Roll Pears Milk</p>	<p><b>SATURDAY 4</b></p>
	<p><b>MONDAY 6</b> Baked Pork Chop Oven Potatoes Peas Wheat Roll Applesauce Milk</p>	<p><b>TUESDAY 7</b> Tuna Casserole Mixed Vegetables Wheat Bread Cherries Milk</p>	<p><b>WEDNESDAY 8</b> Oven Chicken Mash. Pot./gravy Corn Wheat Roll Peaches Milk</p>	<p><b>THURSDAY 9</b> Lasagna Tossed Salad Garlic Bread Fruit Cocktail Milk</p>	<p><b>FRIDAY 10</b> Salmon Patty Wild Rice Blend Zucchini Wheat Roll Purple Plums Milk</p>	<p><b>SATURDAY 11</b></p>
	<p><b>MONDAY 13</b> Grilled Chicken Sandwich Pasta Salad Spinach Cherries Milk</p>	<p><b>TUESDAY 14</b> Sweet/Sour Pork Steamed Rice Oriental Vegetable Egg Roll Citrus Fruit Milk</p>	<p><b>WEDNESDAY 15</b> Beef Tacos lettuce, tomato, cheese Refried Beans Squash Blend Melon Cup Milk</p>	<p><b>THURSDAY 16</b> Chicken Strips Tater Tots Carrot Raisin Salad Wheat Bread ½ Orange Milk</p>	<p><b>FRIDAY 17</b> Roast Beef Mash. Pot./gravy Mixed Vegetables Wheat Roll Pineapple Tidbits Hummingbird Cake Milk</p>	<p><b>SATURDAY 18</b></p>
	<p><b>MONDAY 20</b> Meatloaf Baked Potato Beets Wheat Bread Apricots Milk</p>	<p><b>TUESDAY 21</b> Chicken/Noodles Biscuit Asparagus Watermelon Milk</p>	<p><b>WEDNESDAY 22</b> Cheese Pizza w/meat/vegetable Tossed Salad Strawberries Ice Cream Milk</p>	<p><b>THURSDAY 23</b> Chicken Fried Steak Mash. Pot./gravy Broccoli Wheat Bread Peaches Milk</p>	<p><b>FRIDAY 24</b> Baked Fish Rice Pilaf Brussels Sprouts Wheat Roll Fruit Salad Pudding Milk</p>	<p><b>SATURDAY 25</b></p>
	<p><b>MONDAY 27</b> Cheeseburger Lettuce, Tomato, Onion Potato Wedges Cole Slaw Orange Whip Milk</p>	<p><b>TUESDAY 28</b> Pork Roast Sweet Potato Cauliflower Wheat Roll Pear Crisp Milk</p>	<p><b>WEDNESDAY 29</b> Beef Stroganoff Noodles Spinach Wheat Bread Cherries Milk</p>	<p><b>THURSDAY 30</b> Turkey Sandwich Potato Salad Green Beans Pineapple Tidbits Brownie Milk</p>	<p><b>FRIDAY 31</b> Chicken Enchilada Sour cream, salsa Spanish Rice Lettuce, Tomatoes Apricots Milk</p>	