


Elk Mountain 307-348-7387 Please call by 8:30 A.M. the morning of the meal

<p>August 2019</p> 	<p>Happy Birthday Linda Runyan 1 Hope Brooks 2 Evette Eastman 2 Sheri Johnson 14 Denny Wick 15</p>			<p>THURSDAY 1 Sloppy Jo French Fries Green Beans Frog Eye Salad Milk</p>	<p>FRIDAY 2 Pepper Steak Rice Broccoli Wheat Roll Pears Milk</p>	<p>SATURDAY 3</p>
<p>Recommended Serving Sizes 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>MONDAY 5 Baked Pork Chop Oven Potatoes Peas Wheat Roll Applesauce Milk</p>	<p>TUESDAY 6 Tuna Casserole Mixed Vegetables Wheat Bread Watermelon Milk</p>	<p>WEDNESDAY 7 Oven Chicken Mash. Pot./gravy Corn Wheat Roll Peaches Milk</p>	<p>THURSDAY 8 Chicken Enchilada Sour Cream; Salsa Spanish Rice Squash Blend Apricots Milk</p>	<p>FRIDAY 9 Crabby Patty Wild Rice Blend Zucchini Wheat Roll Purple Plums Milk</p>	<p>SATURDAY 10</p>
	<p>MONDAY 12 Grilled Chicken Sandwich Pasta Salad Spinach Cherries Milk</p>	<p>TUESDAY 13 Sweet/Sour Chicken Steamed Rice Oriental Vegetable Egg Roll Citrus Fruit Milk</p>	<p>WEDNESDAY 14 Beef Tacos lettuce, tomato, cheese Refried Beans Squash Blend Cantaloupe Milk</p>	<p>THURSDAY 15 Chicken Strips Tater Tots Carrot Raisin Salad Wheat Bread ½ Orange Milk</p>	<p>FRIDAY 16 Roast Beef Mash. Pot./gravy Beets Wheat Roll Pineapple Tidbits Hummingbird Cake Milk</p>	<p>SATURDAY 17</p>
	<p>MONDAY 19 Philly Cheesesteak Sand, w/Pepper, Onion & Cheese French Fries Spinach Orange Whip</p>	<p>TUESDAY 20 Chicken Salad Sand. Macaroni Salad Carrot Sticks Watermelon Milk</p>	<p>WEDNESDAY 21 Cheese Pizza w/meat/vegetable Tossed Salad Strawberries Ice Cream Milk</p>	<p>THURSDAY 22 Chicken Fried Steak Mash. Pot./gravy Broccoli Wheat Bread Peaches Milk</p>	<p>FRIDAY 23 Baked Fish Rice Pilaf Brussels Sprouts Wheat Roll Fruit Salad Pudding Milk</p>	<p>SATURDAY 24</p>
	<p>MONDAY 26 Cheeseburger Lettuce, Tomato, Onion Potato Wedges Corn Cherries Milk</p>	<p>TUESDAY 27 Pork Roast Sweet Potato Cauliflower Wheat Roll Pear Crisp Milk</p>	<p>WEDNESDAY 28 Meatloaf Baked Potato Cauliflower Wheat Bread Apricots</p>	<p>THURSDAY 29 Turkey Sandwich Potato Salad Green Beans Pineapple Tidbits Brownie Milk</p>	<p>FRIDAY 30 Lasagna Tossed Salad Garlic Bread Fruit Cocktail Milk</p>	