

August Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	2 TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 12gm WHOLE GRAIN BUN 47 gm MAYO PACKET	3 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	4 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT AND RAISIN SLAW 7gm FRUIT MUFFIN 16gm	5 TURKEY PESTO WRAP 19GM APPLE SAUCE 11gm MARINATED TOMATOES 2gm
8 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER 5gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	9 CRAB SALAD ON GREENS 17gm WINTER BEAN SALAD 16gm PEACHES AND CREAM 12gm WHOLE GRAIN ROLL 35gm	10- TURKEY TWIST PASTA SALAD 20gm RED GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	11 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEARS 9gm	12 CINNAMON CREAM CHEESE 8gm CRACKERS RED GRAPES 14gm PINEAPPLE TIDBITS 12gm BLACK EYED PEA SALAD 16gm
15 ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	16 CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm PEACHES 13gm CROUTONS 5gm	17 HONEY HAM AND CHEDDAR 48gm WHEAT BUN AND LEAF LETTUCE COLESLAW 9gm PEARS 9gm	18 GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 13gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm	19 TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm FRUIT MUFFIN 16gm
22 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	23 HAM SALAD ON GREENS 14gm EGG & GRAPE TOMATO PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm	24 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	25 CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm	26 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHEAT CRACKERS 5gm
29 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKET	30 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLES 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	31 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm		



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

