



# Meal Site Menu

# August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1–</b> Waikiki Chicken, Rice Pilaf, Country Cottage Blend, Orange, Whole Wheat Bread, Birthday Cake, Milk	<b>2-</b> Ziti w/Meat sauce, Oriental Blend Vegetables, Spiced Apple Sauce, Texas Toast, Marg, Milk	<b>3-</b> Egg Salad, Potato Salad, Broccoli Raisin Salad, Whole Wheat Bread, Juice, Milk	<b>4-</b> Hamburger, American Cheese, Lemon & Thyme Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk	<b>5–</b> Chicken Chef Salad, Black-eyed Pea Salad, Broccoli Raisin Salad, Spinach Romaine Salad Greens, Crackers, Apple Pie, FF Ranch Dressing, Milk
<b>8–</b> Sloppy Joe, Whole Kernel Corn, Baked Beans, Juice, Hamburger Bun, Milk	<b>9–</b> Chicken Milano, Italian Squash, Carrots, Rye Bread, Coconut Bar, Milk	<b>10–</b> Italian Sandwich, Cantaloupe, Lettuce & Tomato, Hoagie Bun, Rice Krispie Treat Bar, Milk	<b>11–</b> Roast Pork, Peach Ginger Sauce, Scalloped Potatoes, Green Peas, Cantaloupe, White Dinner Roll, Milk	<b>12–</b> Shepherd's Pie, Broccoli, Carrots, Whole Wheat Bread, LD Fudge Round, Milk
<b>15–</b> Sliced Ham, Pinto Beans, Steamed Spinach, Rye Bread, Juice, Oatmeal Raisin Cookie, Marg, Milk	<b>16–</b> Turkey & Cheese Sandwich, Steamed Rice, Pickled Beets, Green Beans, White Bread, Juice, Marg, Milk	<b>17–</b> Chicken Salad, Macaroni Salad, Juice, Lettuce & Tomato, Whole Wheat Bread, Tropical Mixed Fruit, Milk	<b>18–</b> A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk	<b>19–</b> Sausage w/onions & peppers, Scalloped Potatoes, Carrots, Applesauce, Hot Dog Bun, Yellow Mustard, Milk
<b>22–</b> Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Bread, Pineapple Tidbits, Marg, Milk	<b>23–</b> Smothered Chicken, Mushroom Gravy, Mashed Potatoes, Capri Blend Vegetables, Whole Wheat Bread, Juice, Milk	<b>24–</b> Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Milk	<b>25–</b> Turkey Salad, Macaroni Salad, Cucumber & Onion Salad, Lettuce Captain's Wafers, Peanut Butter Cookie, Milk	<b>26–</b> Beef Tips, Brown Gravy, Steamed Rice, Juice, Succotash, White Dinner Roll, Marg, Milk
<b>29–</b> Waikiki Chicken, Rice Pilaf, Country Cottage Blend, Orange, Whole Wheat Bread, Birthday Cake, Milk	<b>30–</b> Ziti w/Meat sauce, Oriental Blend Vegetables, Spiced Apple Sauce, Texas Toast, Marg, Milk	<b>31–</b> Egg Salad, Potato Salad, Broccoli Raisin Salad, Whole Wheat Bread, Juice, Milk	Downtown Rockingham Farmer's Market is now open. Saturdays at 8am & Wednesdays 8am	Do you or your loved ones have Medicare? Shiip can help if you have questions. 1- 855- 408-1212 <a href="http://www.ncshiip.com">www.ncshiip.com</a>