

LUNCH CALENDAR

AUGUST, 2019

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOOA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

LS Alt = Lower Sodium Alternative **(Items must be ordered at least one week in advance)**

LF Alt = Low Fat Alternate **(Items must be ordered at least one week in advance)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Goulash Summer Squash Tossed Salad Fruit Crunch	Cream of Broccoli Soup Chicken Salad Sandwich Lettuce & Tomato Marinated Carrots Three Bean Salad
Chicken Breast Sandwich O'Brien Potatoes Buttered Beets Fruit Salad	Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit	Chicken Gumbo Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Cucumber Salad Jell-O	Turkey Burgers Potato Wedges Baked Beans Orange Segments Brownies	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches
Wauseon Only: Fish Sandwich				
Beef Stroganoff Egg Noodles Brussels Sprouts Apple Sauce Juice	Potato Soup Turkey Sandwich Pea Salad Fruit Compote	Country Fried Steak w/ Country Gravy Mashed Potatoes Cook's Choice Vegetable Apricots	Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese Capri Blend Vegetable Bananas Juice	Chicken Alfredo Pasta Steamed Carrots Peas Pineapple
	Wauseon Only: Clam Chowder			
Sausage, Egg & Cheese Sandwich Hash Brown Casserole Corn Nuggets Fresh Oranges	Beef & Noodles Mashed Potatoes Green Beans Fresh Fruit Salad	Veal Parmesan over Pasta Steamed Broccoli Baked Apples Juice	Chili w/Beans Mexican Style Rice Seasoned Corn Fresh Fruit Cookies	Ham Loaf (LS Alt=Meatloaf) Smashed Red Potatoes Sweet & Sour Cabbage Pears
		Wauseon Only: Baked Potato Bar		
Hot Chicken Sandwich Roasted Potatoes Cole Slaw Fruit Crisp	Beef & Broccoli Stir Fry Brown Rice Far East Vegetables Tropical Fruit	Smothered Chicken Mashed Potatoes Sugar Snap Peas Cranberry Relish	Italian Sausage w/ Peppers & Onions Sliced Zucchini Stewed Tomatoes Orange Sections	Cold Plate Sliced Deli Meats & Cheese Lettuce & Tomato Marinated Vegetables Five Cup Salad Juice