




AMC August 2021 Calumet County Nutrition Program Menu

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|--|---|
| <p>2 Monte Cristo on WW Bread Roasted Red Potatoes Tomato Soup Watermelon Grapes Milk</p> | <p>3 Beef tacos/WW tortilla Refried beans Cheese/lettuce Dice tomatoes Canned pears Honey dew Milk</p> | <p>4 WW Turkey sandwich Caprese salad Soup TBD Watermelon Garden salad/French dressing Milk</p> | <p>5 Breaded Chicken Wild rice Corn Broccoli/carrot Cantaloupe Apple Crisp Milk</p> | <p>6 Sausage pizza Roasted Carrots Fresh Fruit mix Hummus/tomato Vanilla Pudding Milk</p> |
| <p>9 Turkey Sloppy Joe Roasted Sweet potatoes Coleslaw Diced pears Coffee Cake Milk</p> | <p>10 Meat Lasagna Corn Mandarin oranges Spinach Crantastic/dressing Apple pie Milk</p> | <p>11 Chicken tenders Chef salad/ranch dressing Peaches WW dinner roll/margarine Vanilla Wafers Mandarin oranges Milk</p> | <p>12 BBQ pulled pork on WW bun Green beans Applesauce Hummus Cucumbers Milk</p> | <p>13 Grilled Salmon Brown rice Peas Green Jell-O Watermelon Grapes Cake/cookies; Milk</p> |
| <p>16 Mac and Cheese with Ham Garden salad/French dressing Pineapple Peaches Vanilla Pudding Milk</p> | <p>17 Vegetable Lasagna Green beans Pears Cantaloupe Brownie Milk</p> | <p>18 Ham Steak Whipped Squash Asparagus Fresh Pineapple Lorna dunes WW roll/margarine Milk</p> | <p>19 WW Turkey sandwich with Cheese and tomato Fruit Salad Navy Bean soup Mandarin oranges Coffee cake Milk</p> | <p>20 Breaded Cod Mashed potatoes Green beans Applesauce Hummus Cucumbers WW roll/margarine; milk</p> |
| <p>23 Crispy Chicken Tender wrap French fries Corn Canned Pears Spinach/mushroom Chocolate chip cookie Milk</p> | <p>24 Hamburger on WW bun Carrots Brussel Sprouts Cantaloupe Angel food cake Milk</p> | <p>25 Pot Roast Roasted red potatoes Peas Watermelon Green Jell-O Fruit Pie Dinner roll, Milk</p> | <p>26 Grilled Chicken Baked beans Corn Grapes Mandarin Oranges WW roll/margarine Milk</p> | <p>27 Grilled Salmon Wild rice Green beans Roasted Carrots Fresh Pineapple Brownie Milk</p> |
| <p>30 Pesto Grilled Cheese Roasted Reds Watermelon Grapes Milk</p> | <p>31 Beef tacos/WW tortilla Refried Beans Cheese/lettuce Diced Tomatoes Canned pears Honey dew Milk</p> |  |  |  |

Reservations made by calling Calumet County ADRC - 849-1451 by noon day prior.

Home delivered meals are offered Monday-Friday throughout the county. All meals include milk. Meals subject to change.