

# 2010 AUGUST MENU

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b> Open Faced Chicken Pattie Lettuce, Tomato & Onion Entrée Tater Tots Steamed Spinach Sliced WW Bread	<b>3</b> Baked Pork Chop Brown Rice Yellow Squash Green Peas Carrots & Raisin Salad Banana	<b>4</b> Baked Chicken Mashed Potatoes Brussel Sprouts Beet & Onion Salad Cornbread Melon Banana Pudding	<b>5</b> Taco Salad w/ Beef, Cheese, Onion & Lettuce in Edible Bowl Entrée Stewed Tomatoes Apple Crisp	<b>6</b> Open Faced Brats Boiled Potatoes Saurkraut Asparagus 1/2 Bun Mixed Melon/Fruits German Chocolate Cake	
<b>9</b> Spaghetti with Meat Sauce Mixed Veggies Toss Salad Garlic Bread Sliced Strawberries Oatmeal/Raisin Cookie	<b>10</b> Roast Beef Mashed Potatoes Green Beans Stewed Tomatoes Cornbread Banana	<b>11</b> Baked Chicken w/Gravy & Brown Rice Green Peas Yellow Squash Toss Salad Chilled Apricots	<b>12</b> Open Faced BBQ Pork Sandwich Steamed Spinach Carrot & Raisin Salad One Sliced WW Bread Apple Crisp	<b>13</b> Red Chili Cheese & Onion Enchiladas Refried Beans Steamed Onions Toss Salad Sliced Peached	
<b>16</b> Vegetable Lasagn w/Onions, Olives, Peppers, Tomato & Cheese Grazed Carrots Garlic Bread Cottage Cheese w/ Pineapple & Oatmeal Raisin Cookie	<b>17</b> Baked Ham Baked Yams Steamed Broccoli Sliced Cucumbers WW Roll Applesauce	<b>18</b> Cornbeef with Boiled Cabbage Parsley Potatoes Yellow Squash Cornbread Purple Plums	<b>19</b> Open Faced Hot Turkey Sandwich with Gravy Mashed Potatoes Green Beans Stewed Tomatoes WW Sliced Bread Sliced Pears	<b>20</b> Red Carnitas Burrito Pinto Beans Steamed Spinach Toss Salad Flour Tortilla Entrée Honeydew Melon Lemon Bar	
<b>23</b> Beef Pattie with Onions Mashed Potatoes Zucchini Steamed Tomato WW Roll Apricots & Peanut Butter Cookie	<b>24</b> Chicken Chop Suey w/Chow Mein Noodles Oriental Blend Baby Carrots Dinner Roll Orange Fortune Cookie	<b>25</b> Beef Tips w/Brown Rice Asparagus Harvard Beets Biscuit Apple	<b>26</b> Pork Roast, Mashed Potatoes Cole Slaw Winter Squash Cornbread Sliced Pears	<b>27</b> Green Chili Chicken Casserole Pinto Beans Steamed Onions Toss Salad Sliced Peached	
<b>30</b> Baked Fish Tater Tots Brussel Sprouts Baby Carrots WW Roll Purple Plums	<b>31</b> Chicken Pot Pie Mixed Veggies Entrée Biscuit Entrée Steamed Tomato Sliced Peaches	<b>89th Annual Inter-Tribal Indian Ceremonial</b> <b>Downtown Nite Parade</b>  <b>August 12, 2010</b>			<b>August 11 - 15th</b>  <b>Downtown Parade</b>  <b>August 14, 2010</b>

Donuts, pastries or muffins are often served in the mornings at each center. Milk, coffee, iced tea and water are served with lunch daily. Condiments are available with each meal include barbeque sauce, ketchup, mustard, salad dressing, tarter sauce, gravy, salsa, green or red chili, etc.