

August 2022

Soprema Monthly Menu

Menu Approved by: *Ann Stahlheber, M.S., R.D.N., L.D.*

Menu	Tuesday	Wednesday	Thursday
1 Macaroni and Cheese – 1 cup Garden Salad – 1 cup Dressing – 1 Corn – ½ cup Mixed Fruit – ½ cup WW Slice - 1	2 Cheese Ravioli – 6 oz Coleslaw – ½ cup Green Beans – ½ cup Low Fat Vanilla Pudding – ½ cup Grapes – 1 cup Roll – 1	3 BBQ Chicken – 4 oz Buttered Noodles – ½ cup Applesauce – ½ cup Mixed Vegetables – ½ cup Banana – 1 Whole Grain Slice – 1	4 Bacon- 2 slices, Lettuce – ¼ cup and Tomato – ¼ cup on Whole Wheat Bread (2 slices) Pickle Spear x 1 Cottage Cheese – ½ cup Peaches – ½ cup Grape Juice – ½ cup
8 Cheeseburger -3 oz. with American Cheese slice – 1 on bun -2 oz. French Fries – ½ cup Broccoli – ½ cup Pear - 1	9 Meatloaf – 3 oz Potatoes – ½ cup Gravy – 3 tablespoons Corn – ½ cup Oat Bread Slice – 2 Apple Juice - 1/2 cup	10 Grilled American Cheese, 2 oz on wheat, 2 slices Tomato Soup – 1 cup Celery Sticks – ½ cup Potato Chips – ½ cup Cranberry Juice – 1/2 cup	11 Bed of lettuce – ½ cup with tuna salad on top – ½ cup Saltine Crackers – 4 Cottage Cheese – ½ cup Mixed Vegetables – 1 cup Roll – 1 Grape Juice – ½ cup
15 Sloppy Joes on bun – 4 ounce beef, 2 oz wheat bun Green Salad – ½ cup Red Beets – ½ cup Mixed Vegetables – ½ cup Fresh Fruit – 1 cup	16 Hot Dog – 3 oz. / Bun – 2 oz. Tator Tots – ½ cup Baked Beans – ½ cup Peaches – ½ cup	17 Beef Stew with potatoes and vegetables – 1 cup Green Peas – ½ cup Rice – ½ cup Brown Gravy – ¼ cup Wheat Roll Apple Juice – ½ cup	18 Stuffed Peppers with beef – ½ cup of beef and ½ pepper Buttered Noodles – ½ cup Broccoli – ½ cup Mixed veggies – ½ cup WW Slice - 1 Cranberry Juice – ½ cup
22 Loaded Potato Soup – 1 cup (Potatoes, shredded carrots, cheese, bacon, chives) ½ ham sandwich on white bread – 2 oz of ham Saltines- 4 Coleslaw – ½ cup Peaches – ½ cup	23 Shepherd's Pie – 1 cup (Mixed veggies, mash potatoes, cheese and ground beef) Broccoli – ½ cup Applesauce – 1 cup Oatmeal Cookie – 1 Wheat Bread Slice - 1	24 Beef Roast with carrots and potatoes – 3 oz meat and ½ cup of potatoes and ½ cup carrots Cottage Cheese – ½ cup Applesauce – ½ cup Whole Grain Slice - 1	25 Chicken Taco – ½ cup with salsa ¼ cup Sour Cream – ¼ cup Tortilla shell – 1 Spanish Rice – ½ cup Mexican Corn – ½ cup Mixed Veggies – ½ cup Sliced apple - 1
29 Pasta Salad with pepperoni (peppers, tomatoes, pasta noodles, cheese, cukes and pepperoni slices) – 1 cup Hard boiled egg – 1 Spinach – ½ cup Oatmeal cookie - 1 Watermelon – 1 cup	30 Beef Lasagna – 1 cup Wax Beans – ½ cup Green Beans – 1/2 cup Oat Bread Slice – 1 Mixed Fruit - ½ cup	31 Chef Salad – (1 cup Lettuce, ½ c Tomatoes & Cucumbers, Cheese, Croutons, Ham 1 oz and Turkey – 1 oz) Dressing – 1 Hard boiled egg – 1 Crinkle Cut Carrots – ½ cup Oatmeal Cookie – 1 Grape Juice – 1/2 cup	All Meals include choice of milk or calcium fortified juice ALTERNATE 1 - Cold deli meat sandwich – 4 ounce with chips -1/2 cup, pickle spear and Orange OR ALTERNATE 2 Green Salad – 2 cups with Chicken Strips -4 ounce, dressing – 1 piece and Whole Wheat Roll -2 ounce and 1 orange