

NCAA Golden Meals

August 2018

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

		8/1	8/2	8/3
		Spagehetti Mixed Vegetables Peaches	Roast Beef Mashed Potatoes Carrots Fresh Fruit	Chili Coleslaw Applesauce Buffet @ Central Kitchen In Freeport
8/6	8/7	8/8	8/9	8/10
Goulash Green Beans Applesauce	Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit	Pepper Steak Mashed Potatoes Broccoli Fresh Fruit	Ham Loaf Mashed Potatoes Carrots Fresh Fruit	Hotdogs Potato Salad Mixed Fruit Whole Wheat Bun Buffet @ Central Kitchen In Freeport
8/13	8/14	8/15	8/16	8/17
Sweet & Sour Chicken Over Rice Stir Fry Vegetables Mixed Fruit	Pork Chop Cheesy Potatoes Broccoli Fresh Fruit Blood Pressure Screening	Brats Sourkraut Mashed Potatoes Whole Wheat Bun Fresh Fruit	Glazed Ham Mashed Potatoes Carrots Fresh Fruit	Beef Stew (Veggies In Stew) Pears Biscuit Buffet @ Central Kitchen In Freeport
8/20	8/21	8/22	8/23	8/24
Sloppy Joes Potato Wedges Applesauce Whole Wheat Bun	Turkey Mashed Potatoes Green Beans Fresh Fruit	Salisbury Steak Mashed Potatoes Lima Beans Fresh Fruit	Southern Chicken Over Rice Peas Mixed Fruit	Ham Salad Cottage Cheese Pineapple Whole Wheat Bun Buffet @ Central Kitchen In Freeport
8/27	8/28	8/29	8/30	8/31
Beef And Noodles Green Beans Peaches	Tater Tot Casserole (Veggies in Casserole) Applesauce Grocery Bingo	Spagehetti Mixed Vegetables Mixed Fruit	Roast Beef Mashed Potatoes Carrots Fresh Fruit	Chili Coleslaw Pineapple Buffet @ Central Kitchen In Freeport

Bread, Margarine & Milk Offered With Every Meal