

AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
1 1/2c Goulash, 1/2c Green Beans, 1/2c Fruity Slaw, Banana, Cookie	1/2c Beef Tips & Gravy, 1/2c Mashed Potatoes, 1/2c Broccoli, 1/2c Peaches	1pc Baked Chicken, 1/2c Baked Sweet Potato, 1/2c Harvard Beets, 1/2c Pears	Sweet & Sour Pork, 1/2c Rice, 1/2c Oriental Vegetables, 1/2c Mandarin Oranges	3oz Breaded Butterfly Shrimp, 1/2c Parsley Potato, 1/2c Peas, 1/2c Apricots
10	11	12	13	14
3oz Meatloaf, 1/2c Oven Browned Potatoes, 1/2c Green Beans, 3/4c Jell-O w/Fruit	1 1/3c Chicken Shepard's Pie, 1/2c California Blend Vegetables, 1/2c Jell-O w/Fruit	BBQ Pork Sandwich, 1/2c Potato Rounds, 1/2c Cooked Cabbage, 1/2c Applesauce	3oz Liver & Onions, 1/2c Mashed Potatoes, 1/2c Broccoli, 1/2c Waldorf Salad, Orange	Taco Salad, 1/2c Peach Fruit Crisp w/ 1/2c Vanilla Ice Cream
17	18	19	20	21
2oz Ham, 1/2c Baked Sweet Potato, 1/2c Corn O'Brien, Apricots	1/2c Sloppy Joe on Bun, 1/2c Potato Wedges, 1/2c Tomato Spoon Salad, 1/2c Pears	1c Beef Barley Soup, Turkey Sandwich, Tossed Salad w/2Tbsp Beans, 1/2c Fresh Sliced Pears	3oz Roast Beef, 1/2c Mashed Potatoes & Gravy, 1/2c Stewed Tomatoes, 1/2c Peaches	Chicken Strips, 1/2c Mashed Potatoes, 3oz Gravy, 1/2c Coleslaw, 1/2c Fruit
24	25	26	27	28
1 1/8c Chicken & Noodles, 1/2c Peas, 1/2c Pears	Hot Beef Sandwich, 1/2c Mashed Potatoes & Gravy, 1/2c Corn, 1/2c Sunshine Salad	3oz Pork Outlet, 1/2c Mashed Potatoes, 1/2c Glazed Carrots, 3/4c Crunchy Cranberry Salad	1c Navy Bean Soup w/ Ham & Carrots, 1/2c Acini de Pepe Salad, 1/2c Strawberries	Tuna Salad on a Bun, Tossed Salad, Tomato Slices, Seasonal Fresh Fruit
31				
1 1/4c Spaghetti with Meat Sauce, 1c Tossed Salad, 3/4c Pudding w/Fruit				
<p>NORTH SIOUX CITY ROCS DINING SERVICES CALL 605-232-0808 THE DAY BEFORE TO RESERVE A MEAL</p>				
<p>NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.</p>				