


August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Milk Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p>	<p><i>USDA and this institution are equal Opportunity providers and employers</i></p>	<p style="text-align: right;">1</p> Pulled Pork on WGR Hoagie Bag of Chips Veggies Fruit Milk	<p style="text-align: right;">2</p> Cheeseburger on WG Bun Lettuce & Tomatoes Jo-jo's  Fruit Milk	<p style="text-align: right;">3</p> Chicken Fettuccini (WGR) Mixed Field Greens Salad WGR Garlic French Bread Fruit Milk
<p style="text-align: right;">6</p> Chicken Pot Pie Spinach Strawberry Salad WGR Biscuit Fruit Milk	<p style="text-align: right;">7</p> Club Sub on WGR Bun Cream Broccoli Cheese Soup Fruit Milk	<p style="text-align: right;">8</p> Chicken Patty Burger on WGR Bun Broccoli Salad Chips Fruit, Milk	<p style="text-align: right;">9</p> Egg Salad on WGR Croissant Vegetarian Lentil Soup WGR Crackers Fruit Milk	<p style="text-align: right;">10</p> Chicken Tamale Pie Bake Sour Cream & Salsa WG Tortilla Chips Mixed Field Greens Salad Fruit Milk
<p style="text-align: right;">13</p> Fish (WGR Breeding) WG Rice Medley Veggies WGR Biscuit Fruit Milk	<p style="text-align: right;">14</p> BBQ Chicken Thighs Potato Salad Veggies WGR Cornbread Fruit Milk	<p style="text-align: right;">15</p> Chicken Enchiladas WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	<p style="text-align: right;">16</p> Cheesy Egg Bake w/Veggies Sausage Links WGR French Toast w/Strawberries Milk	<p style="text-align: right;">17</p> Tuna & Cheese Melt On WGR Bread Tomato Ravioli Soup WGR Crackers Veggies Fruit, Milk
<p style="text-align: right;">20</p> Herb Chicken Thighs Baked Beans Veggies Fruit Salad WGR Biscuit Milk	<p style="text-align: right;">21</p> Chicken Salad On WGR Croissant Minestrone Soup Veggies Fruit Milk	<p style="text-align: right;">22</p> WGR Spaghetti With Meatballs WGR Garlic French Bread Caesar Salad Fruit Milk	<p style="text-align: right;">23</p> Chicken Teriyaki With WG Rice Veggies WGR Roll Fruit Milk	<p style="text-align: right;">24</p> Ground Beef Meatloaf Oven Roasted Red Potatoes Veggies WGR Biscuit Cottage Cheese w/Fruit Milk
<p style="text-align: right;">27</p> Salisbury Steak w/ Gravy Garlic Mashers Veggies WGR Roll Fruit Milk	<p style="text-align: right;">28</p> Ground Beef Lasagna (WG) Veggies Fruit WGR Garlic Bread Milk	<p style="text-align: right;">29</p> Sliced Turkey with Cranberry Sauce Mashed Potatoes w/Gravy Veggies WGR Roll Fruit Milk	<p style="text-align: right;">30</p> Baked Potato Bar *** Veggies WGR Muffin Fruit Milk	<p style="text-align: right;">31</p> Pizza on WGR Crust Caesar Salad Fruit Milk

Outings for August

We have two fantastic outings for August!! We are going to the Benton County Fair on Thursday, August 2nd. It is always fun to see what the 4-H kids have done for the year. All their hard work raising and



preparing
animals to
exhibit at
the Fair.

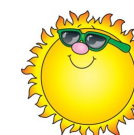
A 1 hour trip to scout out a park for a future use will be our second outing for the month on Monday August 13th. Participants will peruse a park to see if it has all the necessary amenities for a full day outing.



Our July "Day in the Park" was postponed to due excessively hot weather. We hope to find a date in September to replace the "Day in the Park" Outing.

This month we are celebrating our 50th state: Hawaii. Many of our activities are based on Hawaii.

Remember to drink plenty of water and put on sunscreen.



***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA
 Legend: WG = Whole Grain WGR = Whole Grain Rich