

# AUGUST 2017
















**PRODUCT OF THE MONTH:** *OIL AND BUTTER*

**SUGGESTED CONTRIBUTION \$3.00 PER MEAL**

MARCELINE NUTRITION CENTER

**660-376-3103**

**APPROVED BY:** *Rebecca C. Shinn RD, LD*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BINGO: WITH PIONEER THE FIRST FRIDAY.		1.  <b>A-6</b> SPAGHETTI/MEATSAUCE LETTUCE SALAD BRUSSEL SPROUTS WW FRENCH BREAD PUDDING JUICE	2. <b>C-5</b> CHICKEN STRIPS POTATOES/GRAVY CARROTS WW BREAD MANDARIN ORANGE JELLO SALAD	3. <b>A-3</b>  PORK RIB ON WW BUN FRENCH FRIES CORN/MAC & CHEESE GREEN BEANS CAKE/JUICE	4. <b>B-10</b> FISH FILLET or SALMON PATTY BAKED BEANS COLESLAW WW CORNBREAD MIXED FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
	7. <b>C-11</b>  HAM SWEET POTATOES GREEN BEANS WW HOT ROLL STRAWBERRY SHORTCAKE JUICE	8. <b>C-14</b> CHICKEN POTATOES/GRAVY CABBAGE BEETS WW HOT ROLL FRUIT	9.  <b>D-10</b> MEATBALLS SC. POTATOES CARROTS C-16 WW BREAD PEARS BRAN MUFFINS	10. <b>A-7</b> PORK ROAST POTATOES/GRAVY GREEN BEANS WW BREAD FRUIT	11. <b>A-15</b> TENDERLOIN ON WW BUN W/ LETTUCE & TOMATO POTATO WEDGES BROCCOLI FRUIT/BROWNIE	ACTIVITY ROOM OPEN 7:30-2:00 MON.-FRI.
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00	14.  <b>C-14</b> BEEF STROGANOFF NOODLES PEAS C-14 BEETS WW BREAD FRUIT SALAD	15.  <b>A-5</b> TURKEY POT PIE CORN WW BISCUIT COLE SLAW APPLESAUCE CHOCOLATE CAKE	16. <b>A-7</b> ROAST BEEF POTATOES/GRAVY GREEN BEANS CUCUMBERS/ONIONS WW ROLL BREAD PUDDING	17. <b>A-13</b>  ENCHALADES SPANISH RICE CALIF BLEND WW TORTILLIA CHIPS FRUIT COOKIES	18. <b>D-7</b>  BBQ PORK ON WW BUN TATOR TOTS CORN BEAN SALAD MIXED FRUIT	
MARCELINE FAMILY HEALTH CLINIC TO BE ANNOUNCED	21. <b>A-10</b>  PORK CUTLETT AUGRATIN POTATOES MIXED VEGETABLES WW BREAD CAKE JUICE	22. <b>C-3</b> ROTISERIE CHICKEN BAKED POTATOES PEAS CARROTS HOT ROLL FRUIT SALAD	23. <b>B-1</b>  LASAGNA LETTUCE SALAD BROCCOLI APPLESAUCE WW FRENCH BREAD MIXED FRUIT	24. <b>C-5</b>  TURKEY & DRESSING POTATOES/GRAVY GREEN BEANS CRANBERRY SAUCE MELON	25. <b>A-15</b>  HAMBURGER ON WW BUN W/ LETTUCE & TOMATO TATOR TOTS BRUSSEL SPROUTS TROPICAL FRUIT	Thank you for your product of the month donations!
	28. <b>A-3</b>  COUNTRY FRIED STEAK POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD TOMATOES MIXED FRUIT PUDDING DESSERT	29.  <b>A-6</b> SPAGHETTI/MEATSAUCE LETTUCE SALAD BRUSSEL SPROUTS WW FRENCH BREAD PUDDING JUICE	30. <b>C-5</b> CHICKEN STRIPS POTATOES/GRAVY CARROTS WW BREAD MANDARIN ORANGE JELLO SALAD	31. <b>A-3</b>  PORK RIB ON WW BUN FRENCH FRIES CORN/MAC & CHEESE GREEN BEANS CAKE/JUICE		

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