

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday		
	MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *ELDERLY WAIVER/MEDICAID *UNITED WAY EFSP FUNDS *MEMORIALS	To Cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.	1	2		
			Beef Pot Roast w/ Roasted Vegetables Dinner Roll Warm Applesauce Butterfinger Dessert	Cheeseburger on Bun Lettuce/Tomato Tri-Tator Coleslaw Apricots		
5			6	7	8	9
Fish Nuggets Cheesy Rice Broccoli & Cauliflower Pears			Tortellini Bake Cascade Blend Vegetables Garlic Toast Blueberries	Country Fried Chicken w/Gravy Mashed Potatoes Green Beans Melon	Cook's Choice Chicken Parmesan Garlic Bread Green Beans Mandarin Oranges	Turkey BLT Wrap Summer Pasta Salad Crackers Banana
12			13	14	15	16
Meatloaf Mashed Potatoes Copper Penny Salad Pineapple	Glazed Fish Filet Spinach w/ Vinegar Peaches Apple Crisp	Cook's Choice Cheeseburger Baked Beans Tropical Fruit Cookie	Creamed Chicken over Potatoes Asparagus Fruit Cocktail	Egg Salad Sandwich Bean Salad Chips Pears & Blueberries Candy Apple Dessert		
19	20	21	22	23		
Apple Cider Pork Chop French Onion Scalloped Potatoes Peas Strawberries	Chicken Fried Rice Asian Vegetables Egg Roll Dark Cherries	Roast Pork Mashed Sweet Potatoes Green Beans Pineapple	Taco Bake Spanish Rice Corn Grapes	Creamy Tuna Pasta Salad Spoon Salad Apricots Apple Crumb Bar		
26	27	28	29	30		
Beef and Noodles Brussels Sprouts Warm Cinnamon Applesauce Almond Bar	Lemon Pepper Fish Garlic Herb Rice Mixed Vegetables Peaches Berry Crisp	Chicken Caprese Salad Maple Carrots & Beets Apricots Cookie	Casserole Garlic Bread Spoon Salad Ambrosia Tropical Fruit Salad	Chicken Quesadilla Topped w/Cheese Sauce Corn Baked Fruit Cocktail		

Stephanie Labenz MS, RD, LD
 Stephanie Labenz MS, RD, LD

Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.