



August 2026 Traditional Congregate Title III Menu

Totals Include 105mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Herb Roasted Chicken Thigh w/ Gravy Mashed Potatoes Carrots Wheat Bread Shortbread Cookie Margarine	NA+ 101 23 56 65 150 30	4Beefy Mac & Cheese Tortellini Cheese Tortellini Garden Salad w/ Ranch Wheat Roll Pear Margarine	NA+ 480 155 115 150 2 30	5Swedish Turkey Meatballs Roasted Potatoes Broccoli Whole Grain Cornbread Banana Margarine	NA+ 495 85 38 180 1 30	6Braised Beef & Vegetables Polenta Caesar Salad Dinner Roll Vanilla Pudding Margarine	NA+ 161 15 385 100 130 30	7Potato Pollock Sweet Potato Wedges California Blend Vegetables Hawaiian Roll Fruit Cup Margarine Tartar Sauce	NA+ 330 150 34 80 5 30 110				
Cat:714 CHO:79g Na:530mg		530	Cal:934 CHO:80g Na:1037mg		1037	Cal:775 CHO:104g Na:934mg		934	Cal:1008 CHO:87g Na:926mg		926	Cat:706 CHO:82g Na:734mg		734
10	Unstuffed Pepper Bowl w/ Beef & White Rice Carrots Wheat Bread Applesauce Margarine	NA+ 276 25 56 65 2 30	11Shrimp Tacos w/ Cheese Cilantro Lime Rice Garden Salad w/ Italian Tortilla Wrap Orange Margarine	NA+ 537 67 285 135 0 30	12Summer Special Cheeseburger Sweet Potato Tater Tots Green Beans & Red Peppers Wheat Hamburger Bun Pound Cake w/ Blueberries Margarine Ketchup	NA+ 368 213 21 75 240 30 85	13Chicken Anna Maria Mashed Potatoes Spinach Salad w/ Honey Mustard Dinner Roll Mandarin Fruit Cup Margarine	NA+ 338 23 235 100 5 30	14Sausage w/ Abruzzi Sauce Bowtie Pasta Kale & Corn Wheat Roll Oatmeal Cookie Margarine	NA+ 650 4 34 150 90 30				
Cat:863 CHO:83g Na:559mg		559	Cal:704 CHO:86g Na:1159mg		1159	Cal:948 CHO:108g Na:1137mg		1137	Cat:723 CHO:76g Na:836mg		836	Cal:728 CHO:71g Na:1063mg		1063
17	Meatloaf w/ Gravy Garlic Mashed Potatoes Green Beans & Red Peppers Whole Grain Cornbread Vanilla Pudding Margarine	NA+ 545 23 21 180 130 30	18Chicken Carbonara w/ Ham Whole Grain Pasta Garden Salad w/ Ranch Dinner Roll Pears Margarine	NA+ 630 4 115 100 0 30	19Pork w/ Mustard Wine Sauce Butternut Squash Green Peas Wheat Roll Banana Margarine	NA+ 248 12 20 150 1 30	20Chicken & Vegetable Stir Fry White Rice Caprese Salad w/ Balsamic Cornbread Loaf Chocolate Chip Cookie Margarine	NA+ 307 25 373 180 80 30	21Salmon w/ Dill Sauce Roasted Potatoes Carrots Wheat Bread Mandarin Fruit Cup Margarine	NA+ 160 85 56 65 5 30				
Cat:810 CHO:87g Na:1034mg		1034	Cal:727 CHO:80g Na:984mg		984	Cal:766 CHO:101g Na:566mg		566	Cat:925 CHO:102g Na:1100mg		1100	Cat:758 CHO:81g Na:506mg		506
24	French Onion Chicken Mashed Potatoes Green Peas w/ Red Peppers Wheat Roll Chocolate Pudding Margarine	NA+ 420 23 72 150 135 30	25Sloppy Joe (Beef & Turkey) Baked Beans Spinach Salad w/ Honey Mustard Wheat Hamburger Bun Orange Margarine	NA+ 112 140 235 75 1 30	26Herb Crusted White Fish w/ Lemon Wedge Orzo Carrots Wheat Roll Lemon Square Margarine	NA+ 346 4 56 150 90 30	27Turkey, Cheese & Ham Egg Cassrole Roasted Potatoes Garden Salad w/ Ranch Snack Loaf Banana Margarine	NA+ 435 85 115 90 1 30	28Lemon Ricotta Parmesan Chicken Cheese Ravioli Mixed Root Vegetables Wheat Bread Applesauce Margarine	NA+ 332 200 65 65 2 30				
Cat:710 CHO:85g Na:935mg		935	Cal:737 CHO:87g Na:698mg		698	Cat:757 CHO:98g Na:781mg		781	Cat:813 CHO:85g Na:861mg		861	Cat:787 CHO:96g Na:799mg		799
31	Beef Teriyaki Bowl w/ Scallions Lo Mein Noodles Corn w/ Peppers Wheat Roll Peach Cup Margarine	NA+ 290 125 21 150 5 30												
Cat:758 CHO:93g Na:726mg		726												