


Hot Meal Menu - Portage County

August 2018

Mobile Meals 330-376-7717

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Menu Approved By: Jill Riffle MS, RDN, LD</p>	<p>Food produced by Meals in Motion in Ravenna.</p> <p>All meals served with 8 oz 2% milk.</p> <p>Menu subject to change.</p>	<p>1</p> <p><b>Chicken</b> - 3 oz Diced Potatoes - 1/2 cup Wax Beans - 1/2 cup Dinner Roll - 2 oz Pineapple Tidbits - 1/2 cup</p>	<p>2</p> <p><b>Roast Beef</b> - 3 oz Mashed Potatoes - 1/2 cup Mixed Vegetables - 1/2 cup Wheat Bread - 1 slice Fresh Banana - 1 ea</p>	<p>3</p> <p><b>Meatloaf</b> - 3 oz slice German Potato Salad - 1/2 cup Peas - 1/2 cup Wheat Bread - 1 slice Fruit Cup - 1/2 cup</p>
<p>6</p> <p><b>BBQ Chicken</b> - 4 oz Red Skin Potatoes - 1/2 cup California Mix Veggies - 1/2 cup Wheat Bread - 1 slice Mixed Melon - 1/2 cup</p>	<p>7</p> <p><b>Salisbury Steak</b> - 3 oz Mashed Potatoes - 1/2 cup Succotash - 1/2 cup Dinner Roll - 2 oz Jello w/ Fruit - 1/2 cup</p>	<p>8</p> <p><b>Meat Lasagna</b> - 3x3 piece Salad w/ Dressing - 1 cup Italian Vegetables - 1/2 cup Breadstick - 2 oz Applesauce - 1/2 cup</p>	<p>9</p> <p><b>Sliced Turkey Breast</b> - 3 oz Yams - 1/2 cup Broccoli - 1/2 cup Dinner Roll - 2 oz Mixed Fruit - 1/2 cup</p>	<p>10</p> <p><b>Chicken Salad</b> - 3 oz Pasta Salad - 1/2 cup Broccoli Salad - 1/2 cup Fruit Cup - 1/2 cup Bun - 2 oz</p>
<p>13</p> <p><b>Cheeseburger</b> - 4 oz Diced Potatoes - 1/2 cup Green Beans - 1/2 cup Diced Pears - 1/2 cup Bun - 2 oz</p>	<p>14</p> <p><b>Beef Stew</b> - 1 cup Wax Beans - 1/2 cup Cucumber Salad - 1/2 cup Biscuit - 1 ea 2.5" Escaloped Apples - 1/2 cup</p>	<p>15</p> <p><b>Cabbage Rolls</b> - 3 oz beef Mashed Potatoes - 1/2 cup Corn - 1/2 cup Wheat Bread - 1 slice Diced Peaches - 1/2 cup</p>	<p>16</p> <p><b>Creamed Chicken</b> - 1 cup Carrots - 1/2 cup Peas - 1/2 cup Biscuit - 1 ea 2.5" Sliced Strawberries - 1/2 cup</p>	<p>17</p> <p><b>Western Omelet</b> - 4 oz Diced Potatoes - 1/2 cup Mixed Vegetables - 1/2 cup Corn Muffin - 2 oz Fresh Apricot - 1 ea</p>
<p>20</p> <p><b>Sweet &amp; Sour Chicken</b> - 3 oz Rice - 1/2 cup Oriental Vegetables - 1/2 cup Dinner Roll - 2 oz Pineapple Tidbits - 1/2 cup</p>	<p>21</p> <p><b>Macaroni &amp; Cheese</b> - 1 cup Stewed Tomatoes - 1/2 cup Mixed Vegetables - 1/2 cup Blueberry Muffin - 2 oz Fresh Grapes - 1/2 cup</p>	<p>22</p> <p><b>Pork Chop</b> - 3 oz Au Gratin Potatoes - 1/2 cup Spinach - 1/2 cup Dinner Roll - 2 oz Apple Slices - 1/2 cup</p>	<p>23</p> <p><b>Stuffed Pepper</b> - 3 oz beef Mashed Potatoes - 1/2 cup Corn - 1/2 cup Wheat Bread - 1 slice Tropical Frui - 1/2 cup</p>	<p>24</p> <p><b>Egg Salad</b> - 3 ozz Potato Salad - 1/2 cup Three Bean Salad - 1/2 cup Fruit Cup - 1/2 cup Bun - 2 oz</p>
<p>27</p> <p><b>BBQ Ribs</b> - 3 oz German Potato Salad - 1/2 cup Baked Beans - 1/2 cup Wheat Bread - 1 slice Fresh Fruit - 1 ea</p>	<p>28</p> <p><b>Grilled Chicken</b> - 4 oz Parsley Potatoes - 1/2 cup Brussels Sprouts - 1/2 cup Dinner Roll - 1/2 cup Jello w/ Fruit - 1/2 cup</p>	<p>29</p> <p><b>Spaghetti &amp; Meatballs</b> - 1 cup Salad w/ Dressing - 1 cup Green Beans - 1/2 cup Breadstick - 2 oz Applesauce - 1/2 cup</p>	<p>30</p> <p><b>Veal Chops</b> - 4 oz Mashed Potatoes - 1/2 cup Vegetable Medley - 1/2 cup Wheat Bread - 1 slice Fruit Cup - 1/2 cup</p>	<p>31</p> <p><b>Sloppy Joe</b> - 3 oz Diced Potatoes - 1/2 cup Broccoli - 1/2 cup Bun - 2 oz Fresh Banana - 1 ea</p>