

*Erie County Stay Fit Dining Program*  
*Standard Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Cheese Omelet with Cheese Sauce Hash Brown Potato Peppers, Onions & Tomatoes Raisin Bread Fresh Nectarine (746)	<b>6</b> Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Breakaway Roll Cinnamon Pear Crisp (775)	<del>7</del> <i>August 2019</i>	<b>8</b> Breaded Pork Chop with Gravy Lazy Pierogi Carrots Dinner Roll Pineapple & Mandarin Oranges (679)	<b>9 ENTREE SALAD</b> Cranberry Chicken Salad Chef Salad with Classique Dressing Cherry Tomatoes Whole Grain Crackers Melon Cup Medley (630)
<b>12</b> Breaded Chicken Breast with Herb Gravy Roasted Red Skin Potatoes French Bean Medley Dinner Roll Fresh Watermelon <i>Chocolate Milk</i> (579)	<b>13</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Italian Cookies (734)	<b>14</b> <b>592-2741</b>	<b>15</b> Herb Crusted Tilapia Zucchini with Diced Tomatoes Orange Juice Broccoli Cheese Rice Casserole Ice Cream (763)	<b>16</b> Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit Cocktail (792)
<b>19</b> Beef Stew Brussels Sprouts Biscuit Lorna Doones (698)	<b>20</b> Turkey Breast with Gravy & Cranberry Sauce Mashed Potatoes Green Bean Casserole Wheat Bread Strawberry Bavarian (621)		<b>22</b> Ham Steak with Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Dinner Roll Fresh Nectarine <i>Chocolate Milk</i> (680)	<b>23</b> Cheese Tortellini with Chicken Cream Sauce <i>Marinated Tomatoes</i> Italian Vegetables Italian Bread Fruit Compote (627)
<b>26</b> Polynesian Chicken over Rice California Blend Vegetables Summer Squash with Red Pepper Chocolate Cake with Whipped Topping (707)	<b>27 ENTREE SALAD</b> Julienne Salad with Classique Dressing Whole Wheat Roll Ambrosia (636)	<b>28</b>	<b>29</b> Vegetable Quiche with Cheese Sauce Spinach Harvard Beets Honey Bran Square Mandarin Oranges (883)	<b>Labor Day Meal</b> Breaded Chicken Drumsticks Mixed Vegetables <b>Chef Salad</b> Macaroni & Cheese Strawberry Ice Cream (965)