

# WOCOA Menu for Aug 2017

	<b>Tue, Aug 1, 17</b>	<b>Wed, Aug 2, 17</b>	<b>Thu, Aug 3, 17</b>	<b>Fri, Aug 4, 17</b>
	Smoked Sausage w/Onions & Peppers Tater Tots Baked Beans WW Bun  Fresh Fruit Milk	BBQ Chicken Green Lima Beans Baked Breaded Okra WW Roll  Jell-O® with Fruit Margarine Orange Juice	Roast Beef with Gravy Mashed Potatoes Green Beans Wheat Roll  Fresh Fruit Margarine Milk	Hamburger on Bun Baked Beans Wheat Bun Fruit Cobbler Mustard, Ketchup, Mayonnaise Lettuce & Tomato Milk
<b>Mon, Aug 7, 17</b>	<b>Tue, Aug 8, 17</b>	<b>Wed, Aug 9, 17</b>	<b>Thu, Aug 10, 17</b>	<b>Fri, Aug 11, 17</b>
Salisbury Steak with Gravy Mashed Potatoes Green Beans  WW Roll Fruited Gelatin Margarine Milk	Spaghetti and Meat Sauce Spaghetti Noodles Steamed Broccoli  Toss Salad & Dressing Baked Sliced Apples Milk	Pork Chop Black-eyed Peas Greens  Cornbread Fresh Fruit Orange Juice	Chicken Pot Pie Cut Sweet Potatoes Broccoli  Yogurt Milk	Tuna Salad Broccoli Salad Lettuce/Tomato  Wheat Bread (2) Fresh Fruit Milk
<b>Mon, Aug 14, 17</b>	<b>Tue, Aug 15, 17</b>	<b>Wed, Aug 16, 17</b>	<b>Thu, Aug 17, 17</b>	<b>Fri, Aug 18, 17</b>
Chicken and Rice Black-eyed Peas Broccoli Fresh Fruit Milk	Beef Patty with Gravy Whole Kernel Corn Green Beans WW Roll Yogurt Milk	Hotdog Baked Beans Cole Slaw WW Bun Apple Cobbler Orange Juice Ketchup/Mustard	Chili with Beans & Onions Succotash Steamed Carrots Wheat Crackers Fruited Gelatin Milk	Hamburger on Bun Hash Brown Casserole Fruit Cobbler Wheat Bun Lettuce/ Tomato Mustard/Ket/Mayo Milk
<b>Mon, Aug 21, 17</b>	<b>Tue, Aug 22, 17</b>	<b>Wed, Aug 23, 17</b>	<b>Thu, Aug 24, 17</b>	<b>Fri, Aug 25, 17</b>
Red Beans & Rice with Sausage Mix Veggies Fruit Cup Milk	Chicken Salad Carrot Raisin Salad 3 Bean Salad Fresh Fruit 2 slices WW Bread Milk	Beef Stroganoff Noodles Hot Beets WW Roll Yogurt Orange Juice Margarine	Baked Pork Chop Black Eyed Peas Turnip Greens Cornbread Fresh Fruit Milk	Baked Fish Whole Kernel Corn Broccoli Salad WW roll Spiced Peaches Milk Ketchup/Tartar Sauce
<b>Mon, Aug 28, 17</b>	<b>Tue, Aug 29, 17</b>	<b>Wed, Aug 30, 17</b>	<b>Thu, Aug 31, 17</b>	
Meat Loaf with Tomato Sauce Pinto Beans Mustard Greens Cornbread Oatmeal Cookie Milk	Smoked Sausage w/Onions & Peppers Tater Tots Baked Beans WW Bun Fresh Fruit Milk	BBQ Chicken Green Lima Beans Baked Breaded Okra WW Roll Jell-O® with Fruit Margarine Orange Juice	Roast Beef with Gravy Mashed Potatoes Green Beans Wheat Roll Fresh Fruit Margarine Milk	