



AUGUST 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9th Annual CAR, TRUCK, BIKE SHOW</p> <p>August 3, 2019 CHEER COMMUNITY CENTER</p>	<p>September 6, 2019 CHEER Annual Trap Pond Picnic</p> <p>TRAP POND STATE PARK</p>		<p>1 Chilled Juice Baked Chicken w/Gravy Macaroni Salad Seasoned Greens WW Bread w/Margarine Applesauce Cake</p>	<p>2 Chilled Juice Navy Bean Soup Egg Salad on Rye Bread Lettuce & Tomatoes Waldorf Salad Fruit Crisp</p>
<p>5 Chilled Juice Italian Spaghetti w/Meat Sauce Tossed Salad w/Asst. Dressings Italian Bread w/Margarine Italian Ice</p>	<p>6 Chilled Juice Chicken Salad on Lettuce Bed Pasta Salad Spring Blend Vegetables Sliced Tomatoes Peaches</p>	<p>7 Chilled Juice Roast Pork w/Gravy Red Skin Mashed Potatoes Broccoli Dinner Roll w/Margarine Orange Sherbet</p>	<p>8 Chilled Juice Vegetable Soup Tuna Salad on Rye Bread Pickled Beets Lettuce & Tomatoes Chilled Pears</p>	<p>9 Chilled Juice BBQ Chicken Potato Salad Spinach WW Bread w/Margarine Fresh Fruit</p>
<p>12 Chilled Juice Baked Fish Macaroni & Cheese Stewed Tomatoes Corn Bread w/Margarine Apricots</p>	<p>13 Chilled Juice Roast Beef w/Gravy Corn on the Cob Vegetable Blend Dinner Roll w/Margarine Chocolate Chip Cookies</p>	<p>14 Chilled Juice Cold Cut Sub w/Ham, Salami, Cheese Cole Slaw Lettuce and Tomatoes Fresh Fruit</p>	<p>15 Chilled Juice Roast Chicken w/Gravy Sweet Potato Wedges Broccoli & Cauliflower Bread w/Margarine Birthday Cake</p>	<p>16 Chilled Juice BBQ Pork on Bun Tossed Salad w/Assorted Dressings French Style Green Beans Pear Halves</p>
<p>19 Chilled Juice Cheeseburger on bun Baked Beans Sliced Tomatoes Lettuce, Sliced Onion Pineapple Tidbits</p>	<p>20 Chilled Juice Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Mixed Vegetable Blend Fruit Cocktail</p>	<p>21 Chilled Juice Beef Barley Soup Seafood Salad on Lettuce Bed Tomato & Egg Wedges Spinach Salad w/Crackers Fresh Peach</p>	<p>22 Chilled Juice Baked Chicken w/Gravy Dressing French Style Green Beans Dinner Roll w/Margarine Applesauce Cake</p>	<p>23 Chilled Juice Baked Ham w/Sauce Pasta Salad Herbed Broccoli WW Bread w/Margarine Watermelon Cubes</p>
<p>26 Chilled Juice Hot Dog on Bun Baked Beans Cole Slaw Fruit Cocktail</p>	<p>27 Chilled Juice Oven Fried Chicken Potato Salad Garden Trio Blend Vegetables Dinner Roll w/Margarine Fresh Fruit</p>	<p>28 Chilled Juice Baked Fish w/Tartar Sauce Macaroni Salad Broccoli & Cauliflower Blend Cornbread w/Margarine Granola Bar</p>	<p>29 Chilled Juice Vegetable Beef Soup Chicken Salad Sandwich Lettuce & Tomatoes Crackers Fruit Ambrosia</p>	<p>30 Chilled Juice Home-style Meatloaf w/Gravy Parmesan Potatoes Green Beans WW Bread w/Margarine Ice Cream</p>








Summer



AUGUST 2019



Nutritional Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9th Annual CAR, TRUCK, BIKE SHOW</p>  <p>August 4, 2018 CHEER COMMUNITY CENTER</p>	<p>September 7, 2018 CHEER Annual Trap Pond PICNIC</p>  <p>TRAP POND STATE PARK</p>		 <p>1 Calories 927 Protein 32 gms Fiber 9 gms Fat 30 gms Sodium 836 mgs</p>	 <p>2 Calories 927 Protein 35 gms Fiber 10.15 gms Fat 40 gms Sodium 988 mgs</p>
<p>5 Calories 844 Protein 40 gms Fiber 9 gms Fat 15 gms Sodium 720 mgs</p>	<p>6 Calories 824 Protein 28 gms Fiber 9.3 gms Fat 37 gms Sodium 898 mgs</p>	<p>7 Calories 816 Protein 44 gms Fiber 8.3 gms Fat 14 gms Sodium 604 mgs</p>	<p>8 Calories 795 Protein 41 gms Fiber 4 gms Fat 23 gms Sodium 914 mgs</p>	<p>9 Calories 822 Protein, 52 gms Fiber 11 gms Fat 27 gms Sodium 819 mgs</p>
<p>12 Calories 599 Protein 39 gms Fiber 3 Fat 10 gms Sodium 1071 mgs</p>	<p>13 Calories 712 Protein 43 gms Fiber 5 gms Fat 14 gms Sodium 488 mgs</p>	<p>14 Calories 581 Protein 26 gms Fiber 8 gms Fat 23 gms Sodium 1248 mgs</p>	<p>15 Calories 652 Protein 39 gms Fiber 10 gms Fat 21 gms Sodium 485 mgs</p>	<p>16 Calories 604 Protein 33 gms Fiber 8 gms Fat 14 gms Sodium 913 mgs</p>
<p>19 Calories 810 Protein 44 gms Fiber 11 gms Fat 25 gms Sodium 939 mgs</p>	<p>20 Calories 576 Protein 38 gms Fiber 7 gms Fat 8 gms Sodium 1414 mgs</p>	<p>21 Calories 540 Protein 20 gms Fiber 8 gms Fat 20 gms Sodium 578 mgs</p>	<p>22 Calories 852 Protein 46 gms Fiber 10 gms Fat 18 gms Sodium 770 mgs</p>  	<p>23 Calories 531 Protein 32 gms Fiber 8 gms Fat 8 gms Sodium 1038 mgs</p>
<p>26 Calories 816 Protein 29 gms Fiber 11 gms Fat 33 gms Sodium 1416 mgs</p>	<p>27 Calories 523 Protein 42 gms Fiber 8.4 g,s Fat 21 gms Sodium 631 mgs</p>	<p>28 Calories 758 Protein 42 gms Fiber 7 gms Fat 21 gms Sodium 591 mgs</p>	<p>29 Calories 828 Protein 59 gms Fiber 6 gms Fat 26 gms Sodium 892 mgs</p>	<p>30 Calories 841 Protein 37 gms Fiber 9 gms Fat 20 gms Sodium 1034 mgs</p>



