

# AUGUST | 2026

**LifeSpan Resources** (all meals include ½ pint milk)



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|                                                                                                                  |                                                                                                                          |                                                                                                                              |                                                                                                                    |                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>3</b> Supreme Pizza Bowl<br>Applesauce<br>Whole Grain Bread<br>Margarine<br>Milk                              | <b>4</b> Grilled Chicken Breast<br>Whole Grain Bun<br>Roasted Potato Wedges<br>Cinnamon Apples<br>Mayonnaise<br>Milk     | <b>5</b> Chicken Tenders<br>Fiesta Beans & Corn<br>Broccoli Florets<br>Mandarin Oranges<br>Bread/Margarine<br>Chocolate Milk | <b>6</b> Beef Burrito<br>Salsa Verde<br>Black Beans & Rice<br>California Vegetables<br>Peaches<br>Milk             | <b>7</b> Spaghetti & Meatballs<br>Italian Green Beans<br>Whole Grain Bread<br>Tropical Fruit Salad<br>Milk                |
| <b>10</b> Smothered Beef Steak<br>Roasted Potatoes<br>Peas & Carrots<br>Whole Grain Bread<br>Mixed Fruit<br>Milk | <b>11</b> Roast Turkey & Gravy<br>Bread Stuffing<br>Mashed Potatoes<br>Green Beans<br>Diced Pears<br>Milk                | <b>12</b> Denver Omelet<br>Home Fries<br>Apple Crumble<br>Whole Grain Bread<br>Chocolate Milk                                | <b>13</b> Chicken Breast Parmesan<br>Spinach Pasta Alfredo<br>Tropical Fruit<br>Milk                               | <b>14</b> Bourbon BBQ Meatloaf<br>Mashed Potatoes<br>Broccoli & Cheese<br>Oatmeal Cookie<br>Strawberry Applesauce<br>Milk |
| <b>17</b> Chicken Bacon Macaroni<br>& Cheese<br>Broccoli Florets<br>Whole Grain Bread<br>Pineapple<br>Milk       | <b>18</b> BBQ Pulled Pork<br>Whole Grain Bun<br>Seasoned Black Beans<br>Brussels Sprouts<br>Tropical Fruit<br>Milk       | <b>19</b> Hearty Beef Stew<br>Apple Crumble<br>Whole Grain Bread<br>Margarine<br>Chocolate Milk                              | <b>20</b> Spaghetti & Meat Sauce<br>Broccoli Florets<br>Whole Grain Breadstick<br>Margarine<br>Grape Juice<br>Milk | <b>21</b> Cheeseburger<br>Whole Grain Bun<br>Roasted Potato Wedges<br>Green Beans<br>Applesauce<br>Milk                   |
| <b>24</b> Sweet & Sour Pork<br>Steamed Rice<br>Asian Fried Vegetables<br>Strawberry Applesauce<br>Milk           | <b>25</b> Chicken Marsala<br>Mashed Potatoes<br>Peas & Onions<br>Bread / Margarine<br>Mandarin Oranges<br>Milk           | <b>26</b> Shepherd's Pie<br>Balsamic Brussels<br>Bread / Margarine<br>Pineapple<br>Chocolate Milk                            | <b>27</b> Beef Ravioli<br>Roasted Broccoli<br>Italian White Beans<br>Whole Grain Bread<br>Tropical Fruit<br>Milk   | <b>28</b> Pan Fried Chicken<br>Mashed Potato<br>Southern Green Beans<br>Bread / Margarine<br>Oatmeal Cookie<br>Milk       |
| <b>31</b> BBQ Chicken Breast<br>Baked Pork & Beans<br>Cabbage & Apple Slaw<br>Peaches<br>Whole Grain Bun<br>Milk | <b>1</b> Bourbon BBQ Meatloaf<br>Mashed Potatoes<br>Broccoli & Cheese<br>Oatmeal Cookie<br>Strawberry Applesauce<br>Milk | <b>2</b> Hearty Chili with Beans<br>Twice Baked Potato<br>Oyster Crackers<br>Grape Juice<br>Chocolate Milk                   | <b>3</b> Chicken Burrito Bowl<br>Seasoned Black Beans<br>Fajita Vegetables<br>Tortilla<br>Tropical Fruit<br>Milk   | <b>4</b> Pot Roast<br>Mashed Potatoes<br>Green Beans<br>Bread / Margarine<br>Oatmeal Cookie<br>Mandarin Oranges / Milk    |

### **Congregate**

### **Meal Site**

Mon – Fri

Open to the Public

Age 60+/Disabled

\$3.00 Suggested

Donation

Order in Advance

Reservations Required

w/ Week Notice

Hot Plate Lunch

All Meals Meet 1/3 of

the USDA established

by the Dietary

Guidelines for Older

Americans

**Meals are planned to**

**ensure low salt, low**

**sugar, & low fat.**