



Milwaukie Center Nutrition Program

Mon	Tue	Wed	Thu	Fri
<p><i>Join us for the Ice Cream Social and Beach Bum Day on August 28th. \$2 for a trip through the ice cream line. Dress as a beach bum for a prize.</i></p> 		<p>1 Scrambled Eggs Muesli Sausage Cherries Cottage Cheese</p>	<p>2 Sausage on a Bun Roasted Potatoes Steamed Cabbage Vanilla Wafers</p>	<p>3 Baked Fish Rice Mixed Vegetables Roll Tropical Fruit</p>
<p>6 Cabbage Roll Green Beans Roll Orange</p>	<p>7 Baked Chicken Stuffing Broccoli Stewed Tomatoes Fruit Cocktail</p>	<p>8 Spaghetti Carrots Garlic Bread Green Salad Pudding</p>	<p>9 Clam Chowder Crackers Spiced Apples Beet Salad</p>	<p>10 Pulled Pork Sandwich Tater Tots Swiss Chard Coleslaw</p>
<p>13 Chicken Salad Sandwich Bean Salad Cranberries Chips</p>	<p>14 Pizza Brussels Sprouts Carrots Cucumbers & Tomatoes Ranch Dip</p>	<p>15 Roasted Pork Roasted Veggies Broccoli Normandy Spinach Salad Granola</p>	<p>16 Baked Potato w/Cheese Cauliflower Chili Berries Cake</p>	<p>17 Roast Beef Sandwich Pea Salad Pears Carrot Salad</p>
<p>20 Mesquite Chicken Rice Zucchini Baked Beans Juice</p>	<p>21 Biscuit & Gravy Roasted Potatoes Spinach Carrot & Raisin Salad</p>	<p>22 Beef Tips w/Noodles Green Beans Roll Corn Salad</p>	<p>23 Chicken Caesar Salad Gazpacho Salad Croutons Applesauce & Berries</p>	<p>24 Cheese Crepe w/Fruit Canadian Bacon Hash Brown Banana</p>
<p>27 Parmesan Chicken Polenta Edamame Vegetables Garlic Bread Cookie</p>	<p>28 Ice Cream Social Scalloped Potatoes and Ham Collard Greens Cauliflower Mandarin Orange Salad</p>	<p>29 Breakfast Sandwich Potatoes O'Brien Peaches Cottage Cheese Cake from Tanner Springs of West Linn</p>	<p>30 Bean & Cheese Burrito Spanish Rice Tomato & Mango Salsa Yogurt Granola</p>	<p>31 Fish Sandwich Capri Vegetables Sweet Potato Puffs Green Salad Berry Crunch</p>



Nutrition Program: 503-654-3030
5440 SE Kellogg Creek Drive
Milwaukie, OR 97222

www.milwaukiecenter.com
Monday-Friday 8:00 am-5 pm
Saturday & Sunday: Closed

Menu is subject to change at any time. To verify the current days choice, please feel free to call the center at 503-653-8100.