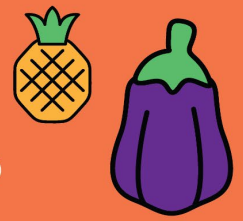


Lifestream Menu

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Frito Pie Whole Kernel Corn Green Beans Corn Chips Lemon Swirl Pudding Milk Diet - SF Vanilla Pudding Cal: 714 Sodium: 730	Chicken Cordon Bleu Broccoli Glazed Carrots Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 699 Sodium: 1083	Loaded Potato Bake w/Ham Spring Vegetable Blend Cabbage Whole Grain Bread Fresh Fruit Milk Assorted Jelly Cal: 560 Sodium: 1234	Meatloaf w/Ketchup Sauce Whipped Potatoes Zucchini w/Tomatoes Wheat Dinner Roll Oreo Cookies Milk Margarine Cal: 652 Sodium: 1285	Sweet & Sour Chicken Parslied Rice Japanese Vegetable Blend Green Peas Oatmeal Raisin Cookie Milk Cal: 633 Sodium: 514
10	11	12	13	14
<i>New!</i> Chicken Tenders Ranch Beans Summer Vegetables Hamburger Bun Oatmeal Crème Cookie Milk BBQ Sauce Diet - Graham Crackers Cal: 901 Sodium: 1326	Breakfast Sausage w/Country Gravy O'Brien Hashbrown Potatoes Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 611 Sodium: 708	Chopped Steak w/Onion Gravy Potato Wedges Green Beans Saltine Crackers Rice Krispie Treat Milk Ketchup Cal: 677 Sodium: 643	Chicken & Sausage Whole Kernel Corn Okra & Tomatoes Cornbread Fudge Crème Cookie Milk Margarine Diet - Lorna Doone Cookies Cal: 821 Sodium: 651	BBQ Pulled Pork Macaroni & Cheese Carrots Coleslaw Hamburger Bun Fresh Fruit Milk Cal: 735 Sodium: 1414
17	18	19	20	21
Southwest Stew Summer Vegetable Blend Saltine Crackers Apple Cobbler Milk Diet - Hot Apple Slices Cal: 584 Sodium: 948	Oriental Shoyu Chicken Jasmine Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 573 Sodium: 426	Salisbury Steak w/ Steakhouse Sauce Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 636 Sodium: 661	Creole Baked Chicken Red Beans and Rice Collard Greens Cornbread Nutty Buddy Bar Milk Margarine Cal: 700 Sodium: 1232	Turkey Divan Parslied Rice Succotash Brussels Sprouts Snickerdoodle Bar Milk Diet - Graham Crackers Cal: 765 Sodium: 540
24	25	26	27	28
Teriyaki Meatballs Lentil Vegetable Pilaf Broccoli Naan Bread Fresh Fruit Milk Cal: 758 Sodium: 1153	<i>New!</i> Chicken Spaghetti Casserole Green Peas Carrots Wheat Dinner Roll Milk Strawberry Gelatin Margarine Diet - SF Gelatin Cal: 702 Sodium: 894	Egg Patty Breakfast Sausage Hashbrown Potatoes Biscuit Hot Peaches Milk Margarine Cal: 748 Sodium: 1120	Santa Fe Chicken w/ Penne Pasta Southwest Corn Green Beans Rice Krispie Treat Milk Cal: 649 Sodium: 490	Beef Patty Lettuce & Tomato Potato Wedges Hamburger Bun Pineapple Cobbler Milk Ketchup Mustard Diet - Hot Pineapples Cal: 854 Sodium: 838
31				
BBQ Pork Riblet Hawaiian Baked Beans Mixed Vegetable Blend Hamburger Bun Rice Krispie Treat Milk Cal: 802 Sodium: 1065				

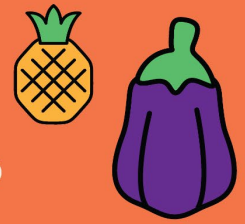
Menus subject to change

Courtney Furr RD, LDN

Courtney Furr RDN LD
 License # 37004552A

Lifestream Picnic Menu

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Grilled Chicken Strips Lettuce & Tomato Black Bean Salad Whole Wheat Tortilla Lemon Swirl Pudding Milk Ranch Salad Dressing Diet - SF Vanilla Pudding Cal: 637 Sodium: 1198	<i>New!</i> Peanut Butter & Jelly Citrus Carrot Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 746 Sodium: 509	Deviled Egg Salad Macaroni Salad California Vegetable Salad Saltine Crackers Fresh Fruit Milk Cal: 677 Sodium: 1231	Sliced Turkey Breast Mozzarella Cheese Lettuce & Tomato Garbanzo Pasta Salad Whole Wheat Bread (2) Oreo Cookies Milk Cal: 564 Sodium: 965	Tuna Mac Salad Beet Salad Green Pea Salad Saltine Crackers Oatmeal Raisin Cookie Milk Cal: 663 Sodium: 968
10	11	12	13	14
Tzatziki Turkey Salad Marinated Zucchini Saltine Crackers Oatmeal Crème Cookie Milk Diet - Graham Crackers Cal: 690 Sodium: 736	Sliced Ham Swiss Cheese Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread (2) Fresh Fruit Milk Cal: 626 Sodium: 1121	Hummus Broccoli Salad Pasta Salad Naan Bread Rice Krispie Treat Milk Cal: 704 Sodium: 1093	Lemon Pepper Tuna Salad Lettuce & Tomato Potato Salad Whole Wheat Bread (2) Fudge Crème Cookie Milk Diet - Lorna Doone Cookies Cal: 677 Sodium: 904	Hawaiian Chicken Salad Black-Eyed Pea Salad Cucumber Salad Saltine Crackers Fresh Fruit Milk Cal: 582 Sodium: 865
17	18	19	20	21
Sliced Turkey Breast Cheddar Cheese Spinach Salad Marinated Tuscany Salad Whole Grain Bread (2) Apple Cobbler Milk Mayonnaise Diet - Hot Apple Slices Cal: 590 Sodium: 1279	Chicken Caesar Salad Wrap California Vegetable Salad Whole Wheat Tortilla Fresh Fruit Fortune Cookie Milk Cal: 606 Sodium: 1189	Krab Mac Salad Green Pea Salad Tossed Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 561 Sodium: 1106	Dill Egg Salad Lettuce & Tomato Pasta Salad Whole Wheat Bread (2) Nutty Buddy Bar Milk Cal: 764 Sodium: 598	Chef Chicken Salad Corn Salad Wheat Dinner Roll Snickerdoodle Bar Milk Ranch Salad Dressing Diet - Graham Crackers Cal: 763 Sodium: 738
24	25	26	27	28
Lemon Pepper Tuna Salad Lettuce & Tomato Bean Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 684 Sodium: 763	Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Pasta Salad Whole Grain Hamburger Bun Strawberry Gelatin Milk Diet - SF Gelatin Cal: 737 Sodium: 1079	<i>New!</i> Chicken Fajita Salad Black Beans w/ Corn Tortilla Chips Fresh Fruit Milk Assorted Salad Dressing Cal: 615 Sodium: 626	Italian Ham Pasta Salad Green Pea Salad Saltine Crackers Rice Krispie Treat Milk Cal: 560 Sodium: 1299	Honey Mustard Chicken Salad Marinated Carrots Coleslaw Saltine Crackers Pineapple Cobbler Milk Diet - Hot Pineapples Cal: 859 Sodium: 976
31				
Pimento Cheese Lettuce & Tomato Venetian Pasta Salad Whole Wheat Bread (2) Rice Krispie Treat Milk Cal: 737 Sodium: 771				

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