

AUGUST



THE KITCHEN

AT BILLINGS

the WORLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Southwest Shrimp Salad 400 Cal	1 Vegetable Fried Rice 260 Cal Vegetable Egg Roll 190 Cal Asian Slaw 20 Cal	2 Reuben 600 cal	3 Beef Nachos 760 Cal	4 Fried Catfish 340 Cal
7 Baked Potato Bar 660 Cal	8 Turkey BLT 540 Cal	9 Italian Sausage 600 Cal	10 Beef Nachos 760 Cal	11 Fried Catfish 340 Cal
14 Chicken Cobb Salad 480 Cal	15 Beef Tacos 450 Cal	16 Monte Cristo 440 Cal	17 Beef Nachos 760 Cal	18 Fried Catfish 340 Cal
21 Southwest Shrimp Salad 400 Cal	22	23 Reuben 600 cal	24 Beef Nachos 760 Cal	25
28 Baked Potato Bar 660 Cal	29 Turkey BLT 540 Cal	30 Italian Sausage 600 Cal	31 Beef Nachos 760 Cal	1 Fried Catfish 340 Cal