

**AUGUST MENU**

**MANISTIQUE NUTRITION SITE**

**Mon**

**Tue**

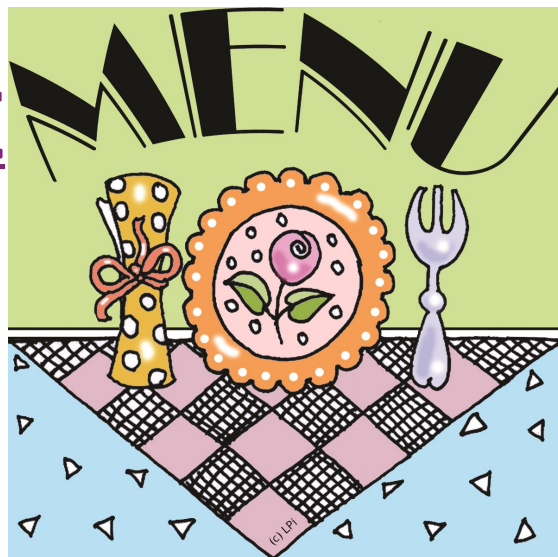
**Wed**

**Thu**

**Fri**

	<p><b>1</b> Chicken Lasagna Salad; Broccoli Garlic Bread Fruit</p>	<p><b>2</b> Bourbon Steak over Rice Peas Coleslaw Fresh Fruit</p>	<p><b>3</b> Stuffed Green Peppers Mashed Potatoes Italian Blend Vegetables Fruit</p>	<p><b>4</b> Chef's Salad Tropical Fruit Breadsticks Lemon Bar</p>
<p><b>7</b> Brat on Bun Baked Beans Oven Potatoes Watermelon</p>	<p><b>8</b> Pork Chops Mashed Potatoes Key Largo Vegetables Apple Sauce</p>	<p><b>9</b> Beef Steak Fritter with Sauce Baked Potato Cook's Choice Vegetables Fruit</p>	<p><b>10</b> Breaded Chicken Pattie on Bun Cheesy Hashbrowns Green Beans Fruit</p>	<p><b>11</b> Tuna Pasta Salad Fresh Vegetables Peaches Bar</p>
<p><b>14</b> Chicken Breast Sour Cream Potato California Blend Vegetables Fruit</p>	<p><b>15</b> Spaghetti with Meat Sauce Tossed Salad Peas Garlic Bread Fruit Crisp</p>	<p><b>16</b> Cream of Broccoli Soup Mini Sub Copper Penny Salad Fruited Jell-O</p>	<p><b>17</b> Taco Pasta Cold Salad Cornbread Pears Dessert</p>	<p><b>18</b> Ham and Cheese Egg Bake Hashbrowns Muffin Juice Fresh Fruit</p>
<p><b>21</b> Fish Au Gratin Potato Peas and Carrots Fruit</p>	<p><b>22</b> Tasty Hamburger Casserole Green Beans Escaloped Apples</p>	<p><b>23</b> Cranberry-Glazed Pork Roast Vegetable Blend Mashed Potatoes Applesauce Dessert</p>	<p><b>24</b> Cabbage Casserole Carrots Tropical Fruit</p>	<p><b>25</b> Chicken Salad Wrap Fresh Vegetables Fruit</p>
<p><b>28</b> Swiss Steak over Rice Coleslaw Squash Fruit</p>	<p><b>29</b> BBQ Ribs Twice-Baked Potato Monte Carlo Vegetables Grape Dessert</p>	<p><b>30</b> Beef Tips Over Noodles Salad Bacon Ranch Green Beans Fruit Dessert</p>	<p><b>31</b> Tahitian Chicken Boiled Potatoes Cook's Choice Vegetables Fruit Dessert</p>	

**341-5085**  
**MANISTIQUE**



# NUTRITION AND YOU

## Fiber-At-A-Glance

Many foods commonly consumed in the American diet contain little dietary fiber. The following table provides a guide to the typical fiber content of an average serving of a range of different foods.<sup>1</sup>

Food Group	1.25 to 2.4g	Good Source of Fiber		High in Fiber
		2.5 to 3.4g	3.5 to 4.9g	5g or more
<ul style="list-style-type: none"> <li>Breakfast cereals (per average bowl)</li> </ul>		<ul style="list-style-type: none"> <li>Granola</li> <li>Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>Oat Bran Flakes</li> <li>Kellogg's® Müeslix®</li> </ul>	<ul style="list-style-type: none"> <li>Kellogg's®</li> <li>All-Bran® Extra Fiber</li> <li>All-Bran® Original</li> <li>All-Bran® Complete Wheat Flakes</li> <li>Cracklin' Oat Bran®</li> <li>Raisin Bran</li> <li>Mini-Wheats®</li> </ul>
<ul style="list-style-type: none"> <li>Cereal bars</li> <li>Bread (1 slice)</li> <li>Crackers</li> <li>Pastries</li> </ul>	<ul style="list-style-type: none"> <li>Kellogg's® Nutri-Grain® bar</li> <li>Graham crackers (2 squares)</li> </ul>	<ul style="list-style-type: none"> <li>Kellogg's® Nutri-Grain® pancakes (3)</li> <li>Kellogg's® Nutri-Grain® whole-wheat waffles (2)</li> <li>Bread, rye</li> <li>Bread, wheat</li> <li>Wafer crackers, rye (1)</li> </ul>		<ul style="list-style-type: none"> <li>Kellogg's®</li> <li>All-Bran® Crackers</li> <li>Pop-Tarts® Whole Grain with Fiber toaster pastries</li> </ul>
<ul style="list-style-type: none"> <li>Potatoes, pasta and rice (1 cup servings, unless specified otherwise)</li> </ul>	<ul style="list-style-type: none"> <li>Couscous</li> <li>White rice, long-grain enriched</li> </ul>	<ul style="list-style-type: none"> <li>Wild rice</li> </ul>	<ul style="list-style-type: none"> <li>Baked potato, with skin (1)</li> <li>Brown rice, long-grain</li> <li>Sweet potato, baked (1)</li> </ul>	<ul style="list-style-type: none"> <li>Bulgur</li> <li>Barley</li> <li>Pasta, whole wheat</li> </ul>
<ul style="list-style-type: none"> <li>Vegetables (1 cup, unless specified otherwise)</li> </ul>	<ul style="list-style-type: none"> <li>Tomato (1 medium)</li> <li>Coleslaw</li> <li>Corn (1 ear)</li> <li>Summer squash (all types)</li> </ul>	<ul style="list-style-type: none"> <li>Asparagus (frozen)</li> <li>Beets (canned)</li> <li>Cabbage</li> <li>Green beans (canned)</li> <li>Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Brussel sprouts</li> <li>MorningStar Farms® veggie pattie (1)</li> <li>MorningStar Farms® black bean burger (1)</li> <li>Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>Broccoli</li> <li>Lentils</li> <li>Lima beans</li> <li>Black beans</li> <li>Kidney beans</li> <li>Great Northern beans</li> <li>Green peas</li> <li>Pinto beans</li> <li>Chickpeas (garbanzo beans)</li> <li>Refried beans</li> <li>Spinach (frozen)</li> <li>Winter squash (all types)</li> </ul>
<ul style="list-style-type: none"> <li>Fruit (1 medium)</li> </ul>	<ul style="list-style-type: none"> <li>Avacado</li> <li>Cantaloupe (1 cup)</li> <li>Nectarine</li> <li>Peach</li> <li>Kiwi</li> <li>Cherries (10)</li> </ul>	<ul style="list-style-type: none"> <li>Apple (with skin)</li> <li>Banana</li> <li>Orange</li> <li>Strawberries (1 cup)</li> <li>Fruit cocktail (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Blueberries (1 cup)</li> <li>Mango (1)</li> <li>Plantain</li> </ul>	<ul style="list-style-type: none"> <li>Raspberries (1 cup)</li> <li>Blackberries (1 cup)</li> <li>Papaya</li> <li>Pear</li> </ul>
<ul style="list-style-type: none"> <li>Dried fruit and nuts</li> </ul>	<ul style="list-style-type: none"> <li>Peanuts, dry roasted (1 oz.)</li> <li>Macadamia, dry roasted (1 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>Apricots (10)</li> <li>Dates (5)</li> <li>Sunflower seeds, dry roasted (1 oz.)</li> <li>Pecans (1 oz.)</li> <li>Pistachio (1 oz.)</li> <li>Prunes (5)</li> </ul>	<ul style="list-style-type: none"> <li>Almonds (1 oz.)</li> <li>Coconut</li> <li>Figs (2)</li> </ul>	
<ul style="list-style-type: none"> <li>Miscellaneous</li> </ul>	<ul style="list-style-type: none"> <li>Tortilla chips, white corn (1 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>White wheat flour (100g)</li> </ul>		<ul style="list-style-type: none"> <li>Chili corn carne with beans (1 cup)</li> <li>Wheat flour, whole grain (100g)</li> </ul>

<sup>1</sup> USDA National Nutrient Database for Standard Reference, plus Kellogg Company Nutrition Facts Panels.