

JULY | 2017

Main Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 3 Sloppy Joe on a Bun European Veggies Wax Beans Fresh Fruit 5 | 4 Closed | 5 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6 | 6 Oven Fried Fish Baby Potatoes with Sour Cream Coleslaw Spiced Apples 6 | 7 Swedish Meatballs Noodles Spinach Pineapple Bread Pudding 7 |
| 10 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6 | 11 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin 6 | 12 Meatloaf with Gravy Mashed Potatoes Peas Normandy Blend Peaches Sweet Bread 5 | 13 Walking Taco Chips/Sour Cream Lett/Tom/Cheese/Onion Mexican Rice Corn with Peppers Clementine Orange 7 | 14 Mac & Cheese Side Salad Asparagus Beets Fruit Crisp 7 |
| 17 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Roll 6 | 18 Salisbury Steak Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8 | 19 Polish Sausage on a Bun Sauerkraut Asparagus Applesauce 4 | 20 Hamburger on a Bun Roasted Red Potatoes Broccoli Pears 6 | 21 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7 |
| 24 Bourbon Chicken Rice Squash 3-Bean Salad Fruit Crisp 8 | 25 Sweet & Sour Meatballs Rice Wax Beans Spinach Ambrosia Roll 7 | 26 Pork Chop with Gravy Mashed Potatoes Corn Peaches Bread 5 | 27 BBQ Chicken Wings Baby Potatoes with Sour Cream Sautéed Cabbage Tomato Salad Cake 5 | 28 Hot Dog on a Bun Peas Cauliflower Fresh Fruit Fig Newton 6 |
| 31 Quiche Red Roasted Potatoes Succotash Apricots 6 | | | ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates | |

MENU

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

Special Events

July 4: Closed for Independence Day

July 20: Independence Day Party

July 27: Birthday Celebration



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