

July 2019

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Oven Baked Chicken Southern Rice Spinach Wh. Grain Bread Grape Juice</p>	<p>2 Beef Patty w/ Brown Gravy Mashed Potatoes Rutabaga/Red Pepper Wh. Grain Bread Raisins</p>	<p>3 Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit</p>	<p>4 Centers Closed </p>	<p>5 Sliced Turkey w/ Country Pepper Gravy Green Beans w/ Almonds Wh. Grain Bread Pear Cup</p>
<p>8 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce</p>	<p>9 Baked Chicken Yellow Rice Green Beans w/ Red Pepper Wh. Grain Bread Apple Juice</p>	<p>10 Egg Salad Carrot Raisin Salad Tomato & Lettuce Wh. Wheat Bread Fresh Fruit Grape Juice</p>	<p>11 Meatloaf w/ Sofrito Diced Potatoes Butternut Squash Wh. Wheat Roll Pineapple Cup</p>	<p>12 Whole Grain Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Orange Cup Wh. Grain Bread</p>
<p>15 Turkey & Cheese Lasagna Broccoli, Cauliflower, Bean Medley Wh. Grain Bread Strawberry Applesauce</p>	<p>16 Hamburger Patty Potato Wedges Carrots Graham Crackers Blended Juice</p>	<p>17 Chicken Teriyaki Brown Rice w/ Stir Fry Vegetables Gingered Carrots Wh. Grain Bread Pineapple Cup</p>	<p>18 Southern Style Pollock Nuggets Cheesy Potatoes Carrots Wh. Grain Bread Pineapple Juice</p>	<p>19 Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit</p>
<p>22 Sliced Turkey w/ Cornbread Dressing & Gravy Butternut Squash Flat Beans Wh. Grain Bread Mixed Fruit Cup</p>	<p>23 Batter Dipped Fish Nuggets Garlic Mashed Potatoes Carrots Wh. Grain Bread Mandarin Orange Cup</p>	<p>24 Arroz Con Pollo Yellow Rice Mexicali Corn Wh. Grain Bread Pear Cup</p>	<p>25 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce</p>	<p>26 Beef Patty w/ Pizzaioli Sauce Pineapple Mandarin Fruit Green Beans Wh. Grain Bread Blended Juice</p>
<p>29 Oven Baked Chicken Southern Rice Spinach Wh. Grain Bread Grape Juice</p>	<p>30 Beef Patty w/ Brown Gravy Mashed Potatoes Rutabaga/Red Pepper Wh. Grain Bread Raisins</p>	<p>31 Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit</p>	<p>Low Fat Milk Available With Each Meal</p>	

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.

Dana Gardner 6/10/19