## **July 2022**

Mondoy	Tuesday	Modeordov	Thursday	Fridov
Monday	Tuesday	Wednesday	Thursday	Friday
Low Fat				DDO Doule
Milk				BBQ Pork Baked Beans
Available				Macaroni &
				Cheese
With Each				
Meal				Hamburger Bun Fudge Crème
				Cookie
4	5	6	7	8
Centers Closed	Pork Sausage	Salisbury	Lemon Pepper	Taco Meat
HAPPY	Northern Beans	Beef/Onion Gravy	Chicken	Pinto Beans
Onnto	California	Whipped Potatoes	Black Eyed Peas	Mexican Rice
* forming *	Vegetables	Green Beans	Collard Greens	Lettuce &
	Hot Dog Bun	Wheat Bread	Dinner Roll	Tomatoes
July	Fruit Cup	Fresh Fruit	Fresh Fruit	Shredded Cheese
	Trait cap	11001111011		Flour Tortilla
				Fresh Fruit
11	12	13	14	15
Creole Steak	Chicken w/	Baked Meatballs	Tuna Mac Salad	Garlic Rosemary
Garlic Whip	Biscuit Gravy	Brown	Coleslaw	Chicken
Potatoes	Whole Kernel	Gravy/Mushrooms	Green Pea Salad	Lima Beans
Garden	Corn	Mixed Beans	Saltine Crackers	Mustard Greens
Vegetables	Green Beans	Broccoli &	Fresh Fruit	Wheat Bread
Dinner Roll	Dinner Roll	Carrots		Fresh Fruit
Fruit Cup	Fruit Cup	Dinner Roll		
		Fresh Fruit		
18	19	20	21	22
Meatloaf/Brown	Chicken Cordon	Turkey Ham w/	Oven Fried	Hamburger Patty
Gravy	Bleu	White Beans	Chicken	Baked Beans
Whipped Potatoes	Parslied Rice	Whole Kernel	Lima Beans	Sliced
Orange Carrots	Green Peas	Corn	Mixed Greens	Tomato/Lettuce
Wheat Bread	Dinner Roll	Spring Vegetables	Cornbread	Hamburger Bun
Fruit Cup	Fresh Fruit	Dinner Roll	Fresh Fruit	Mixed Fruit
25	26	Fresh Fruit	20	Cobbler
25	26	27	28	29
Meatballs w/	Orange Glazed	BBQ Rib Patty	Chicken Salad	Beef Fiesta Mac
Spaghetti Sauce	Chicken	Red Bean and	Garbanzo Bean	Pinto Beans
Noodles	Delmonico	Rice	Salad Lattuca/Tomato	Whole Kernel
Summer	Potatoes Okra & Tomotoes	Peas & Carrots	Lettuce/Tomato	Corn Wheet Presd
Vegetables Wheat Bread	Okra & Tomatoes Dinner Roll	Dinner Roll Fresh Fruit	Pita Bread Fresh Fruit	Wheat Bread Fresh Fruit
	Fresh Fruit	riesh fiult	riesii riuit	riesh ffuit
Fruit Cup	17108H 171UH			

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