

July, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3-Jul Happy 4th of July NO SERVICE	4-Jul Happy 4th of July NO SERVICE	5-Jul mac n cheese with chicken- 3 oz, mixed veggies 2 oz bun, 8 oz skim milk 1/2 cup banana	6-Jul pancakesm hash browns, sausage - 2 oz 1/2 cup fruit cup, 8 oz skim milk	7-Jul chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk
10-Jul ground beef, taco shells spanish rice - 1/2 cup buttered carrots - 1/2 cup 1/2 cup pineapple tidbits, 8 oz skim milk	11-Jul salisbury steak - 2 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	12-Jul mostacioli with red sauce - 1/2 cup garden salad, dressing- 1/2 cup, 8 oz skim milk apple slices - 1/2 cup	13-Jul Sweet and Sour chicken - 2 ounce chicken, miscellaneous amounts of peppers, onions, sauce, pineapples rice 1/2 cup, mixed veggies 1/2 cup 1 oz wheat bread, 8 oz skim milk pears - 1/2 cup	14-Jul breaded chicken strips - 2.66 oz green beans - 1/2 cup, 8 oz skim milk 2 oz wheat bread, 1/2 tropical fruit cup steak fries - 1/2 cup
17-Jul mac & cheese - 1 cup pasta plus 4 oz cheese sauce, 2 oz chicken nuggets on side peas and carrots - 1/2 cup, 8 oz skim milk mandarin oranges 1/2 cup,	18-Jul 3 oz beef burger, 2 ounce bun, 1 oz american cheese cole slaw 1/2 cup, 1/2 cup applesauce steak fries - 1/2 cup, 8 oz skim milk	19-Jul pizza puffs, beef garden salad, dressing- 1/2 cup, 8 oz skim milk green beans 1/2 cup 1/2 banana, 8 oz skim milk	20-Jul BBQ meatballs - 2 ounce beef, 2 oz hot dog bun mixed vegetables - 1/2 cup fruit cup - 1/2 cup 1oz Wheat Bread, 8 oz skim milk	21-Jul 3 oz grilled ham, 1/2 cup pinto beans, 1/2 cup garden salad, dressing 1/2cup pears, 2 oz wheat bread 8 oz skim milk
24-Jul mostacioli with red sauce - 1/2 cup beef meatballs - 3 oz Broccoli - 1/2 cup mandarin oranges - 1/2 cup, 1oz Wheat Bread, 8 oz skim milk	25-Jul thin slice pizza garden salad, dressing mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	26-Jul swedish meatballs with gravy white rice 1/2 cup, 1 oz wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	27-Jul chicken parmesan - 1 cup pasta, red 2.66 ounce breaded chicken sweet peas 1/2 cup, 8 oz skim milk 1/2 cup tropical fruit, * chicken separate upon request, 8 oz skim milk	28-Jul chicken tetrazini - 1/2 cup noodles mozzarella cheese, sauce green beans - 1/2 cup 2 oz Wheat Bread, 8 oz skim milk, 1/2 cup applesauce
31-Jul 2 oz teriyaki chicken, 1/2 cup pinto pears - 1/2 cup 2 oz wheat bread 8 oz skim milk				