

708-220-7826

FRATELLOS - JULY, 2022

7101 W. 183rd street - Tinley Park, IL 60477

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Jul waffles hash browns breakfast sausage tropical fruit- 1/2 cup
4-Jul HAPPY 4th OF JULY	5-Jul meatloaf - 3 oz beef au gratin potatoes - 1/2 cup. 2 oz wheat bread broccoli - 1/2 cup, 8 oz skim milk 1/2 cup pears	6-Jul grilled chicken - 3 oz 2 oz bun, 8 oz skim milk steak fries - 1/2 cup 1/2 cup banana 1/2 cup cauliflower	7-Jul Beef stew - 3 oz beef, 1oz Wheat Bread white rice - 1/2 cup stewed vegetables - 1/2 cup tropical fruit - 1/2 cup 8 oz skim milk	8-Jul chicken nuggets - 3 ounce 4@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2 oz Wheat Bread, 8 oz skim milk
11-Jul turkey sub - 2 ounce ham, 2 oz Wheat Bread steak fries - 1/2 cup buttered carrots - 1/2 cup 1/2 cup pineapple tidbits, 8 oz skim milk	12-Jul salisbury steak - 3 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	13-Jul turkey cheese quesadilla - 3 oz turkey, 1 oz american cheese, 2 oz tortilla sweet potato fries - 1/2 cup, 8 oz skim milk apple slices - 1/2 cup	14-Jul pancakes hash browns sausage pears - 1/2 cup	15-Jul breaded chicken strips - 3.66 oz green beans - 1/2 cup, 8 oz skim milk 2 oz wheat bread, 1/2 cup tropical fruit steak fries - 1/2 cup
18-Jul mac & cheese - 1 cup pasta plus 4 oz cheese sauce, 4 oz chicken @.67 ounce peas and carrots - 1/2 cup, 8 oz skim milk pears 1/2 cup,	19-Jul chicken and veggie stir fry wheat bread - 1/2 cup, 8 oz skim milk pineapples 1/2 cup,	20-Jul shredded BBQ chicken - 3 oz chicken white rice 1/2 cup, 1 oz, wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	21-Jul sloppy joe - 3 oz beef, 2 oz bun mashed pot - 1/2 cup, 8 oz skim milk mixed vegetables - 1/2 cup 1/2 cup mandarin oranges	22-Jul 3 oz beef burger - 2 ounce bun steak fries - 1/2 cup, 8 oz skim milk cauliflower - 1/2 cup 1/2 cup applesauce
25-Jul chicken tetrazzini garden salad peas and carrots - 1/2 cup, 8 oz skim milk mandarin oranges 1/2 cup	26-Jul turkey wraps- 3 oz turkey, 2 ounce 3oz Wheat Bread broccoli - 1/2 cup pears 1/2 cup, 8 oz skim milk	27-Jul chicken teriyaki - 3 oz chicken white rice 1/2 cup, 1 oz wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	28-Jul CHEESE PIZZA GARDEN SALAD, DRESSING BUTTERED CARROTS WATERMELON	29-Jul mac & cheese - 1 cup pasta plus 4 oz peas and carrots - 1/2 cup, 8 oz skim milk pears 1/2 cup,