





Regular Meals ONLY. No Alternate Meals the Month of July.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation \$3/meal Menu subject to change	Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count		1 All Beef Hot Dog with Fresh Baked Bun (17) County Style Baked Beans (32) Seasoned Potato Wedges (18) Sweetened Applesauce (14)	2 Country Fried Steak (04) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)
5 No Meal (observed)  Independence Day	6 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	7 Black Angus Meat Loaf (03) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Refreshing Orange (22) Fresh Baked Roll (15)	8 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)	9 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)
12 Swedish Meatballs (39) Rice Pilaf (21) Steamed Carrots (06) Sliced Peaches (18) Fresh Baked Roll (16)	13 Penne Pasta with Meat Sauce (25) Garden Green Salad (02) Fresh Garlic Roll (15) Seasoned Green Beans (02) Seasonal Fruit Crisp (67)	14 Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Apple Sauce (08)	15 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)	16 Barbeque Chicken (03) Au Gratin Potatoes (19) Seasoned Green Beans (02) Diced Peaches (18) Fresh Baked Roll (16)
19 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	20 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Mixed Fruit and Jell-O Cup (09) Roasted Corn (14) Fresh Brownie (23)	21 Teriyaki Chicken Bowl (08) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Banana (27) Fresh Baked Roll (15)	22 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)	23 Pioneers Day Observed- No Meal 
26 Salisbury Steak (05) Loaded Potato Casserole (22) Seasoned Steamed Beets (06) Cottage Cheese and Fruit Cup (12) Fresh Baked Roll (16)	27 Chicken Parmesan with Basil Marinara Sauce and Spaghetti (30) Seasoned Green Beans (02) Cinnamon Apple crisp (67) Fresh Baked Roll (15)	28 Battered Fish Fillets with Tartar Sauce (15) Seasoned Potato Wedges (18) Fresh Orange (12) Seasoned Corn (14) Fresh Baked Roll (16)	29 Three Cheese Tortellini with Meat and Marinara Sauce (28) Garden Green Salad (02) Jackie's Cake with Fruit (28) Seasoned Green Beans (02) Fresh Baked Roll (15)	30 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)