

Month of: July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>L: Tuna Salad, Buns - Whole Grain (1oz/28g)(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Tuna Salad Sandwiches.</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p>Teriyaki Chicken</p>	<p>4</p>	<p>5</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Mixed Fruit, Lowfat Milk - 1%</p> <p>Teriyaki Chicken</p> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Pasta With Meat Sauce</p>	<p>6</p> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Pasta with Meat Sauce</p> <p>D: Chicken Breasts, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Tropical Fruit, Lowfat Milk - 1%</p> <p>Chicken and Gravy</p>	<p>7</p> <p>L: Chicken Breasts, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Tropical Fruit, Lowfat Milk - 1%</p> <p>Chicken and Gravy</p> <p>D: Sloppy Joes (Turkey), Buns - Whole Grain (1oz/28g) (WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Sloppy Joe</p>
<p>10</p> <p>L: Sloppy Joes (Turkey), Buns - Whole Grain (1oz/28g)(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Sloppy Joe</p> <p>D: Salisbury Steak, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Applesauce, Lowfat Milk - 1%</p> <p>Salisbury Steak</p>	<p>11</p> <p>L: Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Carrots, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Mac And Cheese with Mixed Veggies</p> <p>D: Beef Ground, Flour Tortillas (1oz eq/28g), Black Beans, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Beef and Bean tacos</p>	<p>12</p> <p>L: Salisbury Steak, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Applesauce, Lowfat Milk - 1%</p> <p>D: Chicken Drumettes (Paige Foods), Rolls-WGR(WG), Squash: Yellow, Tropical Fruit, Lowfat Milk - 1%</p> <p>Chicken Drumsticks with Squash and peppers</p>	<p>13</p> <p>L: Chicken Drumettes (Paige Foods), Rolls-WGR(WG), Squash: Yellow, Tropical Fruit, Lowfat Milk - 1%</p> <p>Chicken drumsticks with Squash and peppers</p> <p>D: Turkey Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Tomatoes Fresh, Stewed, Tropical Fruit, Lowfat Milk - 1%</p> <p>Turkey Chili</p>	<p>14</p> <p>L: Turkey Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Tomatoes Fresh, Stewed, Tropical Fruit, Lowfat Milk - 1%</p> <p>Turkey Chili</p> <p>D: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Lettuce And Tomato, Pears, Lowfat Milk - 1%</p> <p>Beef Nachos</p>

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<p>17</p> <p>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g)(WG), Lettuce And Tomato, Pear, canned #10, Lowfat Milk - 1% Beef Nachos</p> <p>D: Meatballs (Turkey), Brown Rice, WG (1oz/28g)(WG), Broccoli, Applesauce, Lowfat Milk - 1% BBQ Meat Balls w/ Rice</p>	<p>18</p> <p>L: Mozzarella Cheese, Ziti Pasta, Carrots, Peaches / Nectarines, Lowfat Milk - 1% Baked Ziti</p> <p>D: Chicken Salad, Rolls-WGR(WG), Garden Salad, Peaches / Nectarines, Lowfat Milk - 1% Chicken salad Sandwiches</p>	<p>19</p> <p>L: Meatballs (Turkey), Brown Rice, WG (1oz eq/28gm/1/2c)(WG), Broccoli, Applesauce, Lowfat Milk - 1% BBQ Meatballs w/ Rice</p> <p>D: Beef Ground, Noodles - Other, Peas, Mixed Fruit, Lowfat Milk - 1% Cheese Burger Mac and Cheese</p>	<p>20</p> <p>L: Chicken Salad, Rolls-WGR(WG), Garden Salad, Peaches / Nectarines, Lowfat Milk - 1% Chicken Salad Sandwiches</p> <p>D: Turkey Ground, Flour Tortillas (1oz eq/28g), Black Beans, Tropical Fruit, Lowfat Milk - 1% Turkey and Bean Tacos</p>	<p>21</p> <p>L: Beef Ground, Noodles - Other, Peas, Mixed Fruit, Lowfat Milk - 1% Cheese Burger Mac and Cheese</p> <p>D: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1% Chicken Stir Fry</p>
<p>24</p> <p>L: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1% Chicken Stir fry</p> <p>D: Meatloaf (Beef), Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Applesauce, Lowfat Milk - 1% Meatloaf w/ Brown gravy</p>	<p>25</p> <p>L: Kidney Beans, Brown Rice, WG (1oz/28g)(WG), Green Beans, Peaches / Nectarines, Lowfat Milk - 1% Red Beans and Rice</p> <p>D: BBQ - Chicken, Buns - Whole Grain (1oz/28g)(WG), Cole Slaw, Peaches / Nectarines, Lowfat Milk - 1% BBQ Chicken Sliders</p>	<p>26</p> <p>L: Meatloaf (Beef), Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Applesauce, Lowfat Milk - 1% Meatloaf W Brown Gravy</p> <p>D: Chicken Patty, Noodles - Other, Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Chicken Parmesan</p>	<p>27</p> <p>L: Chicken Patty, Noodles - Other, Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Chicken Parmesan</p> <p>D: Turkey Burger, Buns - Whole Grain (1oz/28g)(WG), Carrots, Tropical Fruit, Lowfat Milk - 1% Turkey sliders</p>	<p>28</p> <p>L: Turkey Burger, Buns - Whole Grain (1oz/28g)(WG), Carrots, Tropical Fruit, Lowfat Milk - 1% Turkey Sliders</p> <p>D: Beef Ground, Noodles - Other, Peppers, Green, Pears, Lowfat Milk - 1% Beef Rasta Pasta</p>
<p>31</p> <p>L: Beef Ground, Noodles - Other, Peppers, Green, Pears, Lowfat Milk - 1% Beef Rasta Pasta</p> <p>D: Chicken Breasts, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Corn, Pears, Lowfat Milk - 1% White Chicken Chili</p>				