Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	· · · · · · · · · · · · · · · · · · ·	Indistaly	I Thuny
3	4	5	6	7
L: Tuna Salad, Buns -		L: Chicken Breasts, Brown	L: Beef Ground, Pasta Misc	L: Chicken Breasts,
Whole Grain (1oz/28g)(WG),		Rice, WG (1oz eq/28	(WG 1oz eq/28gm), Mixed	Rolls-WGR(WG), Mashed
Garden Salad, Applesauce,		gm/1/2c)(WG), Broccoli,	Vegetables, Mixed Fruit,	Potatoes (100% potatoes),
Lowfat Milk - 1%		Mixed Fruit, Lowfat Milk - 1%	Lowfat Milk - 1%	Tropical Fruit, Lowfat Milk -
				1%
Tuna Salad Sandwiches.		Teriyaki Chicken	Pasta with Meat Sauce	Chicken and Gravy
D: Chicken Breasts, Brown		D: Beef Ground, Pasta Misc		D: Sloppy Joes (Turkey),
Rice, WG (1oz/28g)(WG),		(WG 1oz eq/28gm/ 1/2c)	` , , , ,	Buns - Whole Grain (1oz/28g)
Broccoli, Applesauce,		(WG), Mixed Vegetables,	Potatoes (100% potatoes),	(WG), Mixed Vegetables,
Lowfat Milk - 1%		Mixed Fruit, Lowfat Milk - 1%	· · · · · · · · · · · · · · · · · · ·	Mandarin Oranges, Lowfat
			1%	Milk - 1%
Teriyaki Chicken	11	Pasta With Meat Sauce	Chicken and Gravy	Sloppy Joe
Sloppy Joes (Turkey),	Onoddai Onoddo,	L: Salisbury Steak,	Chicken Drummettes	Turkey Ground,
Buns - Whole Grain	Macaroni Noodles (1oz	` '	(Paige Foods),	Cornbread/Corn Muffin - WGR
(1oz/28g)(WG), Mixed	eq/28g), Carrots, Peaches /	Potatoes (100% potatoes),	Rolls-WGR(WG), Squash:	(1oz/34g)(WG), Tomatoes
Vegetables, Mandarin	Nectarines, Lowfat Milk - 1%	Applesauce, Lowfat Milk - 1%		Fresh, Stewed, Tropical Fruit,
Oranges, Lowfat Milk - 1% Sloppy Joe	Mac And Cheese with Mixed Veggies		Milk - 1% Chicken drumsticks with Squash and peppers	Lowfat Milk - 1%
скорру вос	Mac / tha Officese with Mixed Veggles		Chicken dramstoke with equasit and peppers	Tuney oran
D: Salisbury Steak,	D: Beef Ground, Flour	D: Chicken Drummettes	D: Turkey Ground,	D: Beef Ground, Tortilla
Rolls-WGR(WG), Mashed	Tortillas (1oz eq/28g), Black	(Paige Foods),	Cornbread/Corn Muffin - WGR	Chips - WGR (1 oz/28g)
Potatoes (100% potatoes),	Beans, Peaches /	Rolls-WGR(WG), Squash:	(1oz/34g)(WG), Tomatoes	(WG), Lettuce And Tomato,
Applesauce, Lowfat Milk -	Nectarines, Lowfat Milk - 1%	1 1	Fresh, Stewed, Tropical Fruit,	Pears, Lowfat Milk - 1%
1%		Milk - 1%	Lowfat Milk - 1%	1
Salisbury Steak	Beef and Bean tacos	Chicken Drumsticks with Squash and peppers	Turkey Chili	Beef Nachos

		Month of: July 2023		(855) 427-2888
Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
L: Beef Ground, Tortilla	L: Mozzarella Cheese, Ziti	L: Meatballs (Turkey), Brown	L: Chicken Salad,	L: Beef Ground, Noodles -
Chips - WGR (1 oz/28g)	Pasta, Carrots, Peaches /	Rice, WG (1oz eq/28	Rolls-WGR(WG), Garden	Other, Peas, Mixed Fruit,
(WG), Lettuce And Tomato,	Nectarines, Lowfat Milk - 1%	gm/1/2c)(WG), Broccoli,	Salad, Peaches / Nectarines,	Lowfat Milk - 1%
Pear, canned #10, Lowfat		Applesauce, Lowfat Milk - 1%	Lowfat Milk - 1%	
Milk - 1%				
Beef Nachos	Baked Ziti	BBQ Meatballs w/ Rice	Chicken Salad Sandwiches	Cheese Burger Mac and Cheese
D: Meatballs (Turkey),	D: Chicken Salad,	D: Beef Ground, Noodles -	D: Turkey Ground, Flour	D: Chicken Breasts, Rice
Brown Rice, WG (1oz/28g)		Other, Peas, Mixed Fruit,	Tortillas (1oz eq/28g), Black	(1oz eq/28gm/1/2c), Mixed
(WG), Broccoli,	Salad, Peaches / Nectarines,	Lowfat Milk - 1%		Vegetables, Mandarin
Applesauce, Lowfat Milk -	Lowfat Milk - 1%		Milk - 1%	I - I
1%			Nime 176	Orangoo, Lowiat Mink
BBQ Meat Balls w/ Rice	Chicken salad Sandwiches	Cheese Burger Mac and Cheese	Turkey and Bean Tacos	Chicken Stir Fry
24	25	26	27	28
L: Chicken Breasts, Rice	L: Kidney Beans, Brown	L: Meatloaf (Beef),	L: Chicken Patty, Noodles -	L: Turkey Burger, Buns -
(1oz eq/28gm/1/2c), Mixed	Rice, WG (1oz/28g)(WG),	Rolls-WGR(WG), Mashed	Other, Mixed Vegetables,	Whole Grain (1oz/28g)(WG),
Vegetables, Mandarin	Green Beans, Peaches /	Potatoes (100% potatoes),	Mixed Fruit, Lowfat Milk - 1%	Carrots, Tropical Fruit, Lowfat
Oranges, Lowfat Milk - 1%		l ' '		Milk - 1%
Chicken Stir fry	Red Beans and Rice	Meatloaf W Brown Gravy	Chicken Parmesan	Turkey Sliders
D: Meatloaf (Beef),	D: BBQ - Chicken, Buns -	D: Chicken Patty, Noodles -	D: Turkey Burger, Buns -	D: Beef Ground, Noodles -
Rolls-WGR(WG), Mashed	Whole Grain (1oz/28g)(WG),	Other, Mixed Vegetables,	Whole Grain (1oz/28g)(WG),	Other, Peppers, Green,
Potatoes (100% potatoes),	Cole Slaw, Peaches /	Mixed Fruit, Lowfat Milk - 1%	Carrots, Tropical Fruit, Lowfat	Pears, Lowfat Milk - 1%
Applesauce, Lowfat Milk -	Nectarines, Lowfat Milk - 1%		Milk - 1%	
1%				
Meatloaf w/ Brown gravy	BBQ Chicken Sliders	Chicken Parmesan	Turkey sliders	Beef Rasta Pasta
31				
L: Beef Ground, Noodles -				
Other, Peppers, Green,				
Pears, Lowfat Milk - 1% Beef Rasta Pasta				
Deel Rasia Pasia				
D: Chicken Breasts,				
Cornbread/Corn Muffin -				
WGR (1oz/34g)(WG), Corn,				
Pears, Lowfat Milk - 1%				
White Chicken Chili				