

# JULY 2019 MENU

Menu items are subject to change due to availability of food items. Items with \*\* contain pork or pork products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Tilapia Baked Potato Mixed vegetables Whole Wheat Roll Banana Pudding/Fresh Fruit	2 BBQ Chicken Baked Beans Broccoli Whole Wheat Roll Jell-O Cake Pears	3 Turkey Burger/Lettuce & Tomato Spinach 4 Way Vegetable Blend Whole Wheat Bun Fruit Cocktail	4 <p style="text-align: center;"><b>4<sup>th</sup> OF JULY CLOSED</b></p>	5 Pork Stir Fr w /Peppers & Onion** Cauliflower Vegetable Rice Pilaf Whole Wheat Roll Pineapple
8 Chicken Chimichanga Shredded Lettuce & Tomato Refried Beans Fresh Apple	9 Egg Bake Hash Brown Potatoes Peppers, Onions, Mushrooms Whole Wheat Biscuit Fresh Banana	10 Beef Tater Tot Casserole Stewed Tomatoes Green Beans Whole Wheat Roll Jell-O Fruit Salad	11 Baked Pollack w/ Fruit Salsa Caribbean Vegetables Cauliflower Whole Wheat Roll Apricots	12 <u>Cold Salad Plate</u> Chicken Salad, Beets & Broccoli Salad Whole Wheat Cracker Oreo Cake & Fresh Fruit
15 Dill Tilapia Spinach Scandinavian Vegetables Whole Wheat Roll Apricots	16 Chicken w/ Angel Hair Pasta Italian Vegetables Garden Salad Whole Wheat Roll Fresh Orange	17 Pulled Pork Sandwich w/ Peppers & Onions** Roasted Brussel Sprouts Whole Wheat Bun Sliced Peaches	18 Honey Garlic Chicken Over Rice Carrots Oriental Vegetable s Cherry Trifle Cake Pineapple	19 Lemon Baked Cod Chef's Vegetable Blend Peas & Carrots Whole Wheat Roll Fresh Grapes
22 Italian Sausage Sandwich** Peppers & Onions Italian Vegetables Whole Grain Bun Sliced Peaches	23 <b>Birthday Celebration</b> Beef Stew Over Rice Chuck Wagon Vegetables Winter Vegetables Whole Wheat Roll Fresh Fruit Birthday Cake	24 Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetables Whole Wheat Roll Fresh Orange	25 <u>Cold Salad Plate</u> Seafood, Macaroni, & 3-Bean Whole Wheat Crackers Sliced Pears	26 Open Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce
29 Spaghetti w/ Meat Sauce Capri Vegetables Spinach Whole Wheat Roll Fresh Orange	30 Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots	31 Butter Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail		