

JULY 2024



MAKE YOUR LUNCH RESERVATIONS  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7/1</b> + Hot Dog w/Cheese, Onions, Ketchup, and Mustard Potato Salad 3 Bean Salad w/Carrots Whole Grain Bun C Fresh Orange	<b>7/2</b> Breaded Fish w/Tartar Sauce and Cheese on a Whole Wheat Bun Split Pea Soup Mixed Vegetables C Juice Brownie	<b>7/3</b> Creamy Mushroom Chicken Cream of Broccoli Soup C Mashed Potatoes Stewed Tomatoes Roll w/Butter Seasonal Fresh Fruit	<b>7/4</b> <b>INDEPENDENCE DAY HOLIDAY</b>	<b>7/5</b> <b>INDEPENDENCE DAY</b> Cheeseburger w/Lettuce, Tomato, Onion, Mustard, Mayo on a Whole Wheat Bun Baked Beans Spinach Salad w/Dressing C Seasonal Fresh Berries Pudding
<b>7/8</b> Tuna Salad Sandwich w/Lettuce, Tomato, Onion on WW Bread Tomato Basil Soup C Coleslaw w/Carrots Seasonal Fresh Fruit	<b>7/9</b> Turkey Tetrazzini Stewed Tomatoes Italian Vegetables C Tropical Fruit Ice Cream	<b>7/10</b> Pork Loin w/Creamy Dijon Sauce C Garlic Whipped Potatoes C Brussels Sprouts Whole Wheat Roll w/Butter Apricots	<b>7/11</b> Spaghetti w/Meatballs w/Parmesan Cheese C California Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	<b>7/12</b> Orange Glazed Chicken Asian Cabbage Soup Peas & Carrots Brown Rice C Juice Sherbet
<b>7/15</b> Roasted Chicken w/Gravy C Mashed Potatoes Bean Medley Whole Wheat Roll w/Butter C Juice Cookie	<b>7/16</b> Seafood Louie Salad over Mixed Greens w/1000 Island Dressing Cannellini Bean Soup Whole Wheat Roll w/Butter C Mandarin Oranges	<b>7/17</b> Cheesy Lasagna Roll Ups w/Marinara Sauce Minestrone Soup C California Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	<b>7/18</b> Sweet & Sour Pork Brown Rice Green Beans Carrot Raisin Salad C Citrus Fruit Fortune Cookie	<b>7/19</b> Turkey Divan Buttered Noodles Scandinavian Vegetables C Cauliflower Seasonal Fresh Fruit
<b>7/22</b> Baked Tilapia w/Creamy Florentine Sauce C Broccoli & Cauliflower Carrots Brown Rice Seasonal Fresh Fruit	<b>7/23</b> Sesame Pork Asian Noodle Soup C Cabbage Confetti Brown Rice Seasonal Fresh Fruit Pudding	<b>7/24</b> Salisbury Steak w/Gravy C Mashed Potatoes Mixed Vegetables Whole Wheat Roll w/Butter Fruited Gelatin	<b>7/25</b> + Turkey & Swiss Cheese Sandwich w/Lettuce, Tomato, Onion, Mayo, and Mustard on Whole Wheat Bread Hearty Vegetable Soup Marinated Beets & Onions C Tropical Fruit	<b>7/26</b> Chicken Piccata Whole Grain Garlic Pasta Italian Vegetables Tossed Salad w/Dressing C Fresh Orange
<b>7/29</b> Beef Fajitas w/Peppers & Onions Pinto Beans Spanish Brown Rice C Mandarin Oranges Cookie	<b>7/30</b> Chicken Cacciatore over Whole Grain Rotini Spinach C California Vegetables Seasonal Fresh Fruit	<b>7/31</b> Turkey Enchilada Casserole w/Salsa Mexicali Corn C Cilantro Coleslaw w/Carrots Seasonal Fresh Fruit Brownie		

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(ITALIAN SALAD W/SALAMI,  
PEPPERONCINI, OLIVES, AND CHEESE).

Vitamin A  
C Vitamin C

+ Higher in sodium