




# JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Sweet & Sour Meatballs Brown Rice Mixed Vegetables Pickled Beets Orange Milk	<b>3</b> Breaded Haddock Macaroni & Cheese Peas Homemade Cole Slaw Banana Milk	<b>4</b> Closed For Independence Day If You Need A Meal Speak To Your Site Manager	<b>5</b> Omelet With Cheese Muffin Winter Mix Vegetables Stewed Tomatoes Sliced Peaches Milk	<b>6</b> Hawaiian Chicken Salad Crackers Three Bean Salad Homemade Carrot Salad Local Strawberries Milk
<b>9</b> Chili Beans With Meat Crackers Summer Squash Homemade Cole Slaw Applesauce Milk	<b>10</b> Beef Patty W/ Stroganoff Slice Of Wheat Bread Mashed Potatoes Green Beans Sliced Pears Milk	<b>11</b> Meat And Cheese Lasagna (Pasta) Parslied Carrots Brussel's Sprouts Fruit Cocktail Milk	<b>12</b> Cheese Enchiladas With Chicken In White Sauce Broccoli Romaine Salad Apricot Halves Milk	<b>13</b> Black Eyed Pea Salad Hard Cooked Egg, Crackers Potato Salad Spinach Salad Cantaloupe Milk
<b>16</b> Spaghetti With Meatballs (Whole Wheat Pasta) Cooked Seasoned Spinach Romaine Salad Pineapple Tidbits Milk	<b>17</b> Chicken A La King Pasta CA Blend Vegetables Pickled Beets Watermelon Milk	<b>18</b> Beef Hamburger On A Whole Wheat Bun Succotash Homemade Cole Slaw Peaches, Birthday Muffin Milk	<b>19</b> Lemon Pepper Baked Chix Leg Slice Of Wheat Bread Sweet Potatoes Zucchini Strawberries Milk	<b>20</b> Tuna Macaroni Salad Pasta Carrot Salad Fresh Tomato Quarters Fresh Apple Milk
<b>23</b> Hungarian Goulash (Pasta) Mixed Vegetables Cauliflower Pear Halves Milk	<b>24</b> Oriental Chicken Casserole (Noodles) Peas Green Salad Honeydew Melon Milk	<b>25</b> Italian Noodle Casserole (Pasta) Broccoli Three Bean Salad Apricot Halves Milk	<b>26</b> Cheese Enchiladas With Chicken In Red Sauce Parslied Carrots Homemade Cole Slaw Banana Milk	<b>27</b> Chix Ranch Romaine Salad Crackers Corn Salad Pickled Beets Orange Milk
<b>30</b> Pork Rib Patty W/ BBQ Sauce Graham Crackers Parslied Potatoes & Carrots Brussel Sprouts Fruit Cocktail Milk	<b>31</b> Meatballs With Gravy Brown Rice Winter Mix Vegetables Romaine Salad Sliced Peaches Milk	<b>1</b> Cheese Ravioli With Chicken In White Sauce Cooked Seasoned Spinach Italian Blended Vegetables Cantaloupe Milk	<b>2</b> Breaded Haddock Oatmeal Cookie Baked Potato Homemade Cole Slaw Applesauce Milk	<b>3</b> Beefy Taco Salad, Romaine Tostada Homemade Carrot Salad Fresh Tomato Quarters Mandarins And Pineapple Milk

NOTE: U.S. Dietary Guidelines recommend that we consume fewer than 2300 mg of sodium a day. Meals on this menu marked with  contain over 1000 mg of sodium. We are still researching the sodium content of our recipes and attempting to reduce the sodium content of the meals. Try to balance your sodium intake throughout the rest of the day.