July

Monday	Tuesday	Wednesday	Thursday	Friday
1 1c Pizza Casserole w/ 2oz Sauce 1/2c Green Beans 1 White Bread Seasonal Fresh Fruit	Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	Happy 4th of July! 4 CENTER CLOSED	CENTER WILL BE CLOSED TODAY
8 BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie	Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit	Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Cookie
Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit	Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding	Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c Corn 1 Wheat Bread 1/2c Peach Crisp	4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit
1c Stuffed Pepper Casserole 1/2c Wax Beans 1/2c Peas & Carrots 1 White Bread 1/2c Pudding	Sweet & Sour Pork 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Apple Crisp	Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin	Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Breadstick Fresh Fruit	4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit
Swiss Steak w/ 2oz Onion Gravy 1/2c Cubed Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears	Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese *menu subject to change	Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges		Nutrition Nutrition