

July 2021 Menu

(Substitutions may be necessary without advanced notice.)

Mon	Tue	Wed	Thu	Fri
			1 Mac & Cheese with Ham Cauliflower Zucchini Graham Crackers Bread / Milk	2 French Toast Sticks Berry Sauce Eggs Sausage Links Banana / Milk
5 CLOSED No Meals Served INDEPENDENCE HOLIDAY 	6 BBQ Chicken Baked Beans Normandy Veggies Wheat Bun Milk	7 Ham & Swiss Sandwich Carrot Salad Pineapple Hoagie Roll Milk	8 Salmon Wild Rice Cauliflower Fresh Fruit Wheat Bread Milk	9 Stuffed Chicken Kiev Mashed Potatoes / Gravy Peas Green Salad Wheat Bread Milk
12 Polish Sausage with Sauerkraut Baked Beans Corn Wheat Bun / Milk	13 Chicken Tetrizzini Broccoli & Cauliflower Spiced Apples Wheat Bread Milk	14 Beef & Bell Pepper Casserole Carrots Lima Beans Spinach Salad French Bread / Milk	15 Chicken Salad Pasta Salad Fruit Cocktail Wheat Bread Milk	16 Cheesy Cod Brown Rice Snap Peas Peaches Wheat Bread / Milk
19 Chicken Alfredo Pasta Broccoli Green Salad Wheat Bread Milk	20 Chili Burger Roasted Potatoes Green Beans Wheat Bun Milk	21 Tuscan Tuna Salad Cottage Cheese Peaches Breadstick Milk	22 Fiesta Chicken Refried Beans Mixed Veggies Citrus Salad Tortilla Milk	23 Cranberry Meatballs with Rice Broccoli Cauliflower Green Salad Wheat Bread / Milk
26 Citrus Salmon Wild Rice Spring Blend Veggies Fresh Fruit Wheat Bread Milk	27 White Chicken Chili Cascade Veggies Peaches Cornbread Milk	28 Salisbury Steak / Gravy Mashed Potatoes Beets Pineapple Wheat Roll Milk	29 Oriental Chicken Salad Tropical Fruit Carrot Salad Breadsticks Fortune Cookie Milk 	30 Ground Turkey Skillet with Rice Broccoli Spiced Apples Green Salad Wheat Bread / Milk