

J U L Y 2019

06/13/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Gravy (Brown) Lo Sod Sweet potato Broccoli Fruit Cup/Citrus Wheat bread Graham Crackers 1% Milk Margarine Lite	2 Beef Stew/vegs Salad/tom/car Banana Corn Muffin 1% Milk Margarine Lite Salad Dressing Ranch	3 Chicken Patty Potatoes O'brien Broccoli Watermelon HambBun WhoGrain 1% Milk Margarine Lite Miracle Whip	4 4 TH JULY	5 BarBQ Beef Potato Salad Calif Blend Banana HambBun WhoGrain 1% Milk Margarine Lite
8 Ribette/BBQ-Sauce Peas/Carrots Coleslaw w vin/drsg Pears & Straw 1% Milk HambBun WhoGrain Margarine Lite Oatmeal/Raisin Cookie	9 Tuna Salad Cucumber Onion Salad Potato Salad Fruit Delight Multigrain Bread 1% Milk Margarine Lite	10 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Mexicali Mix Orange Nachos Light chips 1% Milk Margarine Lite Taco Sauce	11 Fish (Breaded) Coleslaw w vin/drsg Spinach Trop Fruit Mix White WhlGrn Bread 1% Milk Margarine Lite Tartar Sauce Vinegar	12 Beef Pattie Salad/tom/car Steak Fries Banana HambBun WhoGrain 1% Milk Margarine Lite Salad Dressing Ranch Ketchup/Mustard
15 Pulled Pork WhiteCorn W/Pep Mex ColeSlaw Apple Slices HoagieRoll WhlGrn 1% Milk Margarine Lite	16 Tilapia, Battered Sweet potato Spinach Trop Fruit Mix White WhlGrn Bread 1% Milk Margarine Lite Tartar Sauce Vinegar ShortBread Cookies	17 Mostacoli/WhlGrn W/Meat-sauce Italian Veg Salad/tom/car Pineapple/man-or-mix Italian Bread Graham Crackers 1% Milk Margarine Lite Salad Dressing Italian	18 Chicken Strips Sweet Pot Wedges Salad/tom/car Orange Graham Crackers Multigrain Bread 1% Milk Margarine Lite Sal Dress/1000 Honey Mustard	19 Beef-mac/casserole Scandnav-veg Pears Vanilla Waf/Ban Pudding 1% Milk Wheat bread Margarine Lite
22 Sloppy Joe's Potatoes AuGratin Scandnav-veg Peaches & Straw HambBun WhoGrain 1% Milk Margarine Lite	23 Chicken Parmesan Fett Ndis(whl grn) Brussel Sprouts Salad/tom/car Banana White WhlGrn Bread 1% Milk Margarine Lite Salad Dressing French	24 Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Fruit Cup/Citrus Wheat Dinner Roll 1% Milk Margarine Lite	25 ChickenDicedSeasoned Chddr Cheese-RF Salad/tom/car Chuckwagon Corn Apples Stewed Tortilla Who Wheat 1% Milk Salad Dressing Ranch Taco Sauce	26 Chicken Oven Fried Gravy (Chicken,LS) Mashed Potatoes Broccoli IceCrm(FFSF) White WhlGrn Bread 1% Milk Margarine Lite Orange Cake
29 ChickenBrstSeasoned Potatoes AuGratin Broccoli Pineapple/man-or-mix White WhlGrn Bread Graham Crackers 1% Milk Margarine Lite	30 Barbecue Chicken Prince Edw Mix Potato Salad Trop Fruit Mix HambBun WhoGrain 1% Milk Margarine Lite	31 Peppersteak Stir Fry Veg Beets Pickled(Cold) Mandarin Oranges Multigrain Bread Rice 1% Milk Margarine Lite Soy sauce(low sod)		