

July 2008: Wholesome and Nutritious Meals and Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Leg Quarters Green Beans Potato Salad Wheat Roll Strawberry Shortcake	2 Pulled Turkey in Gravy Honey Glazed Carrots Whole Parsley Potatoes Stuffing Cranberry Salad	3 Hamburger Steak with gravy Mixed Vegetables Mandarin Oranges Rice Roll Chocolate Chip Cookies	4 CLOSED FOR FOURTH OF JULY HOLIDAY
7 Country Style Steak California Blend Whipped Potatoes Roll Diced Peaches	8 Chicken Salad Sandwich Pickled Beets Tossed Salad with Red Cabbage, Carrots, Tomato Low Fat Ice Cream	9 Pork Roast with Gravy Peas & Onions Macaroni & Cheese Roll Pineapple Chunks with Jello	10 Pinto Beans Cabbage Casserole Stewed Tomatoes Cornbread Chocolate Pudding	11 Polish Turkey Sausage Green Beans Cheese Grits Biscuit Hot Cinnamon Apples
14 Smothered Chicken Breast Broccoli Casserole Whipped Potatoes Roll Mandarin Oranges	15 Pork Steakette with Gravy Sliced Carrots Lima Beans Wheat Roll Cherry Jello with 1/2 cup Fruit Cocktail	16 Meatballs with Gravy Coleslaw with carrots Fresh Apple Rice Roll Peach Cobbler	17 Chicken Tenders Green Beans Pineapple Chunks Scalloped Potatoes Roll Sugar Cookie	18 Spaghetti with Meat Sauce Tossed Salad with Carrots, Red Cabbage, & Green Peppers Sliced Peaches
21 Baked Pork Chops Green Peas Macaroni & Cheese Roll Fruit Cocktail	22 Cheeseburger Sliced Tomatoes/Lettuce/Onion Applesauce Baked Beans Debbie Cake	23 Baked Fish Coleslaw with Carrots Whole Potatoes Cornbread Apple Cobbler	24 Corned Beef Steamed Cabbage Country Tomatoes Blackeyed Peas Roll Yellow Cake	25 Northern Beans with Ham Mixed Greens Rice Cornbread Banana
28 Pork Riblette Sandwich Coleslaw Pinto Beans Pineapple Gratin	29 Fish Nuggets California Blend with Cheese Sauce Stewed Red Potatoes Wheat Roll Fresh Orange	30 Ham Sandwich Lettuce/Tomatoes Potato Salad Watermelon	31 Baked Chicken Breast Peas & Carrots Sliced Peaches Stuffing Birthday Cake	