


JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday																
2 Baked Chicken w/gravy Stuffing Brussel Sprouts Whole Wheat Bread Chilled Pineapple	3 Rib-B-Que Cowboy Baked Beans Whole Kernel Corn Whole Wheat Bread Fruit Cup w/Melon & Strawberries	CLOSED HAPPY JULY 4 TH 	5 Macaroni & Cheese Zucchini & Tomatoes Fruit Juice Whole Wheat Bread Pears	6 COLD PLATE Chicken Salad with Cranberries Marinated Pasta Salad w/Broccoli W. Wheat Dinner Roll Chocolate Pudding w/topping*																
9 Italian Sausage w/ Peppers & Onions Garlic Roasted Potatoes Italian Green Beans Italian Bread Apricots	10 Baked Chicken with Supreme Sauce Rice Pilaf Broccoli Dinner Roll, Fresh Fruit	11 Veal Parmesan w/ Spaghetti Cauliflower Italian Bread Chilled Peaches	12 Egg Salad Cold Plate On a Bed Of Greens Macaroni Salad 3-Bean Salad Whole Wheat Bread Cinnamon Swirl Cake	13 Filet of Fish w/Cheese Sandwich Tater Tots Cole Slaw Ambrosia																
16 Salisbury Steak w/Gravy Mashed Potatoes Harvard Beets Italian Bread Fr. Fruit	17 Ham & Bean Soup Cottage Cheese Fruit Cup Corn Bread Warm Cinnamon Apples	18 Oriental Chicken over Rice Oriental Vegetables Fruit Juice Whole Wheat Bread Orange Blossom*	19 Stuffed Peppers Pasta w/Sauce Yellow Squash Italian Bread Fruit Yogurt Parfait	20 Sliced Turkey On a Bed of Greens Hearty Potato Salad Whole Wheat Bread Melon Cup																
23 Egg Omelet w/Cheese Sauce Oven Roasted Potatoes Seasoned Greens Blueberry Muffin Fruit Cup	24 Bar B Que Chicken Parsley Potatoes Whole Kernel Corn Whole Wheat Bread Lemon Mousse*	25 Happy Birthday Sliced Roast Pork with Gravy Mashed Potatoes Bavarian Red Cabbage Dinner Roll Birthday Cake w/ Frosting*	26 Tuna Salad Cold Plate on a Bed of Greens Carrot Raisin Salad Whole Wheat Bread Peach & Pear Cup	27 Spaghetti & Meatballs Green & Yellow Beans Green Salad Italian Bread Cookie*																
30 Kielbasa Parslied Potatoes Cabbage & Carrots Rye Bread Tropical Fruit Cup	31 Swedish Meatballs Over Noodles Peas & Onions Whole Wheat Bread Peach Crisp w/Topping*			Nutrition Facts <table border="0"> <tr> <td>Average Per Meal</td> <td>% Daily Value*</td> </tr> <tr> <td>Calories</td> <td>610</td> </tr> <tr> <td>Total Fat</td> <td>17g 26%</td> </tr> <tr> <td>Cholesterol</td> <td>85mg 8%</td> </tr> <tr> <td>Sodium 990mg</td> <td>41%</td> </tr> <tr> <td>Total Carbohydrate</td> <td>71g 24%</td> </tr> <tr> <td>Dietary Fiber</td> <td>7gm 27%</td> </tr> <tr> <td>Protein</td> <td>43g</td> </tr> </table> *Percent Daily Values are based on a 2,000 calorie diet.	Average Per Meal	% Daily Value*	Calories	610	Total Fat	17g 26%	Cholesterol	85mg 8%	Sodium 990mg	41%	Total Carbohydrate	71g 24%	Dietary Fiber	7gm 27%	Protein	43g
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