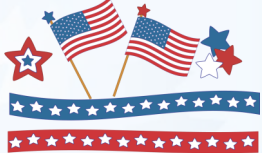




JULY 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Nutrient Facts Calories 441.11 Total Fat (g) 22.47 Protein (g) 27.1 Carbohydrates (g) 76.36 Cholesterol (mg) 94.77 Sodium (mg) 893.21 Dietary Fiber (g) 9.17 Added Sugars (g) 9.73		Average Per Meal 441.11 22.47 27.1 76.36 94.77 893.21 9.17 9.73		% daily value 29% 54% 28% 32% 39% 26% 19%		1 Sliced Turkey w/Gravy Stuffing Mashed Potatoes Green Beans WW Bread Chocolate Pudding*		2 CLOSED HAPPY JULY 4TH 	
*Percent Daily Values are based on a 2,000 calorie diet.									
5 Filet of Fish Sandwich Macaroni & Cheese Stewed Tomatoes Hamburger Bun Diced Pears Tartar sauce		6 Baked Chicken with Supreme Sauce Brown Rice Broccoli WW Bread Fresh Fruit		7 Spinach Quiche Tater Tots w/Ketchup Spinach Whole Wheat Bread Chilled Peaches		8 Meatloaf w/Gravy Mashed Potatoes Harvard Beets WW Bread Cookie*		9 Chicken Taco Casserole w/Brown Rice & Black Beans, Corn Fruit Juice WW Bread Mandarin Oranges	
12 Sliced Roast Pork with Gravy Mashed Potatoes Bavarian Red Cabbage Whole Wheat Bread Cake*		13 Goulash Yellow Squash Whole Wheat Bread Diced Pears		14 Oriental Chicken over Rice Oriental Vegetables Whole Wheat Bread Vanilla Pudding w/Fruit		15 Ham & Bean Soup Collard Greens Corn Muffin Pineapple Tidbits		16 Cheeseburger w/Ketchup Oven Brown Potatoes Green Beans Hamburger Bun Cinnamon Apples	
19 Egg w/Chees Sausage Hash Brown Bites Seasoned Greens Fruit Cup English Muffin w/Ketchup		20 Bar B Que Chicken Au Gratin Potatoes W. K. Corn Whole Wheat Bread Tropical Fruit		21 Salisbury Steak w/Gravy Mashed Potatoes Carrots Rye Bready Lemon Pudding*		22 Spaghetti & Meatballs Green & Yellow Beans Fruit Juice Whole Wheat Bread Cookie* Crated Cheese pc		23 Oven Brown Fish Tater Tots Mixed Vegetables Whole Wheat Bread Peaches w/ Tartar Sauce & Ketchup pc's	
26 Rib-B-Que Cowboy Baked Beans Collard Greens Whole Wheat Bread Fruit Cup w Strawberries		27 Sweet & Sour Meatballs Over Brown Rice Peas & Onions Whole Wheat Bread Apple Crisp w/Topping		28 Baked Chicken w/Gravy Stuffing Brussel Sprouts Whole Wheat Bread Chilled Pineapple		29 Lasagna Roll Up w/Meat Sauce Spinach Whole Wheat Brad Tapioca Pudding*		30 Seafood Newburgh Brown Rice Peas Whole Wheat Bread Cookie*	