


**Salad-to-Go Options Available Monday through Friday for Lunch or Dinner are *Fresh Fruit, Santa Fe Chicken or Vegetarian Korean BBQ Quinoa Wrap***

MONDAY 7/2/18	TUESDAY 7/3/18	WEDNESDAY 7/4/18	THURSDAY 7/5/18	FRIDAY 7/6/18	SATURDAY 7/7/18	SUNDAY 7/8/18
<b>Fresh fruit is available at all meals</b>						
<p>Orange juice Fresh Fruit Bagel W/Cream Cheese Sausage Patty Cream of Wheat Assorted Dry Cereals Toast with Jelly Coffee-Tea-Milk</p>	<p>Orange juice Fresh Fruit Cinnamon Twist Donut Apple wood Bacon Oatmeal Assorted Dry Cereals Toast with Jelly Coffee-Tea-Milk</p>	<p>Orange juice Fresh Fruit Ham and Cheese Omelet Malt-O-Meal Assorted Dry Cereals Toast with Jelly Coffee-Tea-Milk</p>	<p>Orange juice Fresh Fruit Hash Browns/ Bacon Cream of Wheat Assorted Dry Cereals Toast with Jelly Coffee-Tea-Milk</p>	<p>Orange juice Fresh Fruit Scrambled Eggs Cream of Rice Assorted Dry Cereals Toast with Jelly Coffee-Tea-Milk</p>	<p>Orange juice Fresh Fruit Sausage Links Waffles Oatmeal Assorted Dry Cereals Toast with Jelly Coffee-Tea-Milk</p>	<p>Orange juice Fresh Fruit Ham Steak Caramel Roll Malt-O-Meal Assorted Dry Cereals Toast with Jelly Coffee-Tea-Milk</p>
<p>Pepper Pot Soup Vegetable Quesadilla Caribbean Chicken &amp; Rice Pilaf  Broccoli Brussels Sprouts Applesauce Frosted Chocolate Cake  Coffee-Tea-Milk</p>	<p>Egg Drop Soup Taco Salad Vegetable Lo Mein Bowl  Capri Blend Vegetables Wax Beans Banana Bread Fresh Fruit Compote  Coffee-Tea-Milk</p>		<p>Gazpacho Soup Grilled Turkey and Swiss on Potato Bread/Pickle Spear TatorTot Casserole California Blend Vegetables Asian Vegetables Chilled Watermelon Cubes Rocky Road Brownies Coffee-Tea-Milk</p>	<p>Vegetarian Vegetable Soup Tuna Salad Sandwich / Potato Chips Chicken Platter Zucchini Beets Marinated Vegetable Salad Lemon Cookie Coffee-Tea-Milk</p>	<p>Corn Chowder Beef Ravioli Ham Loaf with Tator Tots Sicilian Blend Vegetables Peas Sliced Peaches Sugar Cookie  Coffee-Tea-Milk</p>	<p>Chicken Gumbo Soup Polish Sausage on a Bun Pizza Burger French Fries Diced Carrots Mediterranean Blend Vegetables Frozen Yogurt Chilled Fruit Cocktail  Coffee-Tea-Milk</p>
<p>Mushroom Swiss Burger / Potato Chips Cabbage Roll Casserole Mixed Vegetables with Carrots Key west Vegetables Oriental Salad Frozen Yogurt Coffee-Tea-Milk</p>	<p>Macaroni and Cheese Chef Salad Green Beans California Blend Chilled Pineapple Chunks Strawberry Gelatin Parfait Coffee-Tea-Milk</p>	<p>Manwich Sandwich/ Potato Chips Beanie Weenie Hot Dish Sliced Carrots Steamed Cabbage Peaches/Cottage Cheese Salad Macaroon Cookies Coffee-Tea-Milk</p>	<p>Cheese Pizza Beef Gyro / Cucumber Sauce Corn Spinach Chilled Mandarin Oranges Pound Cake Coffee-Tea-Milk</p>	<p>Crunchy Baked Fish Country Fried Steak Oven Browned Potatoes Yams Asparagus Three Bean Salad Chocolate Pudding Coffee-Tea-Milk</p>	<p>BBQ Beef On A Bun / Potato Chips Egg Salad Sandwich / Potato Chips Fiesta Blend Vegetable Spinach Banana Cherry Crisp Coffee-Tea-Milk</p>	<p>Swedish Meatballs Roast Pork Oven Roasted Potatoes Green Beans Beets Chilled Pears Frosted White Cake Coffee-Tea-Milk</p>



**Salad-to-Go Options Available Monday through Friday for Lunch or Dinner are **Fresh Fruit, Santa Fe Chicken or Vegetarian Korean BBQ Quinoa Wrap****

MONDAY 7/9/18	TUESDAY 7/10/18	WEDNESDAY 7/11/18	THURSDAY 7/12/18	FRIDAY 7/13/18	SATURDAY 7/14/18	SUNDAY 7/15/18
<b>Fresh fruit is available at all meals</b>						
Orange juice Fresh Fruit Bagel Sausage Patty Cream of Wheat  Assorted Dry Cereals  Coffee-Tea-Milk	Orange juice Fresh Fruit Blueberry Pancakes Apple Wood Smoked Bacon Oatmeal  Assorted Dry Cereals Coffee-Tea-Milk	Orange juice Fresh Fruit Cheese Omelet Malt-O-Meal  Assorted Dry Cereals Toast with Jelly  Coffee-Tea-Milk	Orange juice Fresh Fruit Biscuits and Gravy Cream of Wheat  Assorted Dry Cereals  Coffee-Tea-Milk	Orange juice Fresh Fruit Scrambled Eggs Cream of Rice  Assorted Dry Cereals Toast with Jelly  Coffee-Tea-Milk	Orange juice Fresh Fruit Sausage Links Donuts Oatmeal  Assorted Dry Cereals  Coffee-Tea-Milk	Orange juice Fresh Fruit Ham Steak Cinnamon Streusel Malt-O-Meal  Assorted Dry Cereals  Coffee-Tea-Milk
Vegetable Soup Beef Chili Turkey Sub Sandwiches/Potato Chips Mixed Vegetables Cauliflower Tomato Basil Salad Strawberry Cream Pie  Coffee-Tea-Milk	Chicken Noodle Soup Grilled Vegetable Sandwich Sesame Chicken Salad Broccoli Spinach Pound Cake Carrot / Celery Sticks and Dip  Coffee-Tea-Milk	Chilled Strawberry Soup Chicken Sandwich/ Lettuce Beef Lasagna / Garlic Bread Cauliflower Zucchini Pickled Beet Salad Chocolate Pudding  Coffee-Tea-Milk	Minestrone Soup BBQ Chicken Smothered Pork Chop Mashed Potatoes  Corn on the Cob Spinach Potato Salad Strawberry Yogurt Parfait  Coffee-Tea-Milk	Manhattan Clam Chowder Veggie Burger / Hush Puppies Seafood Platter  Vegetable Blend Wax Beans Coleslaw Frosted Brownies  Coffee-Tea-Milk	Tomato Soup Grilled Cheese Sandwich Shaved Turkey Sandwich French Fries  Broccoli Spinach Chilled Mandarin Oranges Oatmeal Cookies  Coffee-Tea-Milk	Chicken Rice Soup Egg Salad Sandwich with Potato Chips Cheese Burger Macaroni Dinner Brussels Sprouts Scandinavian Veg. Waldorf Apple Salad Orange Gelatin Parfait  Coffee-Tea Milk
Chicken Chow Mein over Rice Ham & Cheese Pasta Salad  Bavarian Sauerkraut Oriental Vegetables Chilled Melon Cubes Chocolate Cake  Coffee-Tea-Milk	Black Bean Casserole Spaghetti with Meat Sauce  Brussels Sprouts Carrots Banana Butterscotch Bars  Coffee-Tea-Milk	Bean and Cheese Enchilada Fish and Chips Wax Beans Stewed Tomatoes Pineapple/ Cottage Cheese Salad Gingerbread with Whipped Topping  Coffee-Tea-Milk	Chicken Noodle Casserole Vegetarian Pizza  Sliced Carrots Broccoli Tossed Salad Spumoni Ice Cream  Coffee-Tea-Milk	Beef Taco  Italian Sausage Sandwich / Pickle Spear Beets Fiesta Blend Veg  Fresh Fruit in Season Apple Crisp  Coffee-Tea-Milk	Meat Loaf/Scalloped Potatoes Turkey Ala King / Toast Points Green Beans /Almonds Asparagus Carrot Pineapple Salad Strawberry Mango Slushy  Coffee-Tea-Milk	Yankee Pot Roast Oven Fried Chicken Mashed Potatoes/Gravy  Squash Capri Vegetables Cucumber Salad Strawberry Shortcake  Coffee-Tea-Milk



**Salad-to-Go Options Available Monday through Friday for Lunch or Dinner are Fresh Fruit, Santa Fe Chicken or Vegetarian Korean BBQ Quinoa Wrap**

MONDAY 7/16/18	TUESDAY 7/17/18	WEDNESDAY 7/18/18	THURSDAY 7/19/18	FRIDAY 7/20/18	SATURDAY 7/21/18	SUNDAY 7/22/18
<b>Fresh fruit is available at all meals</b>						
<p>Orange juice Fresh Fruit Ham and Cheese Breakfast Croissant Cream of Wheat Assorted Dry Cereals Toast with Jelly</p> <p>Coffee-Tea-1% milk</p>	<p>Orange juice Fresh Fruit Eggo Waffles Apple Wood Bacon Oatmeal Assorted Dry Cereals Toast with Jelly</p> <p>Coffee-Tea-1% milk</p>	<p>Orange juice Fresh Fruit Cheese Omelet Malt-O-Meal Assorted Dry Cereals Toast with Jelly</p> <p>Coffee-Tea-1% milk</p>	<p>Orange juice Fresh Fruit French Toast Sausage Links Cream of Wheat Assorted Dry Cereals Toast with Jelly</p> <p>Coffee-Tea-1% milk</p>	<p>Orange juice Fresh Fruit Scrambled Eggs Cream of Rice Assorted Dry Cereals Toast with Jelly</p> <p>Coffee-Tea-1% milk</p>	<p>Orange juice Fresh Fruit Breakfast Pizza Oatmeal Assorted Dry Cereals Toast with Jelly</p> <p>Coffee-Tea-1% milk</p>	<p>Orange juice Fresh Fruit Ham Steak Cinnamon Roll Malt-O-Meal Assorted Dry Cereals Toast with Jelly</p> <p>Coffee-Tea-1% milk</p>
<p>Vegetable Soup Grilled Turkey Burger Fettuccini with Alfredo Sauce</p> <p>Wax Beans Cauliflower Chilled Pears Frosted White Cake</p> <p>Coffee-Tea 1% milk</p>	<p>Cold Asparagus Soup Chef Salad</p> <p>California Burger</p> <p>Bahamas Vegetables Stewed Tomatoes Chilled Tropical Fruit Dutch Apple Pie</p> <p>Coffee-Tea 1% milk</p>		<p>Black Bean Soup Fried Chicken BBQ Ribs Steak Fries</p> <p>Carrots Broccoli Potato Salad Red White and Blue Dessert</p> <p>Coffee-Tea 1% milk</p>	<p>Asian Vegetable Soup Asian Platter Fish Sticks French Fries Mixed Vegetables</p> <p>Brussel Sprouts Brownies Three Bean Salad</p> <p>Coffee-Tea 1% milk</p>	<p>Vegetable Beef Soup Smothered Steak Chicken Nuggets Hash Browns</p> <p>Asparagus Cauliflower Tossed Salad Sugar Cookie</p> <p>Coffee-Tea 1% milk</p>	<p>French Onion Soup Chicken Salad Sandwiches / Potato Wedges Cheeseburger Potato Wedges Monte Carlo Blend Vegetables Peas Banana Split Dessert Diced Peaches Coffee-Tea 1% milk</p>
<p>Pork Almond Rice Casserole Cottage Cheese Fruit Plate Sliced Carrots Broccoli Tossed Salad Vanilla Pudding</p> <p>Coffee-Tea-1% milk</p>	<p>Beef Burrito Turkey Pastrami Sub Sandwich / Potato Chips</p> <p>Capri Blend Vegetables Green Beans Chilled Apricots Angel Food Cake</p> <p>Coffee-Tea-1% milk</p>	<p>French Dip Sand Chicken Stir Fry/ White Rice Diced Beets Spinach Chilled Pear Salad Strawberry Mango Slushie</p> <p>Coffee-Tea-1% milk</p>	<p>Chicken Enchilada Taco Pizza</p> <p>Sauerkraut Cauliflower Marinated Vegetable Salad Chocolate Chip Cookies</p> <p>Coffee-Tea-1% milk</p>	<p>Tuna Pasta Salad Chicken Pot Pie</p> <p>Italian Blend Vegetables Spinach Creamy Cucumber Salad Frozen Yogurt</p> <p>Coffee-Tea-1% milk</p>	<p>Vegetable Quiche with Dinner Roll Chicago Style Hot Dog with Sour Cream Pot Wedges Peas Caribbean Blend Chilled Pineapple Chunks Cherry Crisp</p> <p>Coffee-Tea -1% milk</p>	<p>Meat Loaf Roast Turkey Mashed Potatoes/ Gravy Diced Beets Oriental Blend Veg</p> <p>Fresh Strawberries M&amp;M Cookie</p> <p>Coffee-Tea-1% milk</p>



**Salad-to-Go Options Available Monday through Friday for Lunch or Dinner are **Fresh Fruit, Santa Fe Chicken or Vegetarian Korean BBQ Quinoa Wrap****

MONDAY 7/23/18	TUESDAY 7/24/18	WEDNESDAY 7/25/18	THURSDAY 7/26/18	FRIDAY 7/27/18	SATURDAY 7/28/18	SUNDAY 7/29/18
<b>Fresh fruit is available at all meals</b>						
<p>Orange Juice Fresh Fruit Pancakes Sausage Patty Cream of Wheat Assorted Dry Cereals Whole Wheat Toast</p> <p>Coffee-Tea-Milk</p>	<p>Orange Juice Fresh Fruit Hard Cooked Eggs Muffin Oatmeal Assorted Dry Cereals Whole Wheat Toast</p> <p>Coffee-Tea-Milk</p>	<p>Orange Juice Fresh Fruit Spanish Omelet Malt-O-Meal Assorted Dry Cereals Whole Wheat Toast</p> <p>Coffee-Tea-Milk</p>	<p>Orange Juice Fresh Fruit Hash Browns Applewood Smoked Bacon Cream of Wheat Assorted Dry Cereals Whole Wheat Toast</p> <p>Coffee-Tea-Milk</p>	<p>Orange Juice Fresh Fruit Scrambled Eggs Cream of Rice Assorted Dry Cereals Whole Wheat Toast</p> <p>Coffee-Tea-Milk</p>	<p>Orange Juice Fresh Fruit Sausage Links Donuts Oatmeal Assorted Dry Cereals Whole Wheat Toast</p> <p>Coffee-Tea-Milk</p>	<p>Orange Juice Fresh Fruit Ham Steak Coffeecake Malt-O-Meal Assorted Dry Cereals Whole Wheat Toast</p> <p>Coffee-Tea-Milk</p>
<p>Chicken Rice Soup Macaroni / Cheese Chicken Caesar Salad</p> <p>Brussel Sprouts Monte Carlo Blend Vegetables Grapes Pineapple Upside Down Cake</p> <p>Coffee-Tea-Milk</p>	<p>Beef Barley Soup Korean Beef Bowl over Quinoa Grilled Chicken Quesadilla Spinach Carrots Chilled Applesauce Home Made Ginger Cookie</p> <p>Coffee-Tea-Milk</p>	<p>Cream of Broccoli Soup BBQ Pork Sandwich Asian Chicken Salad Mixed Vegetables Green Beans w/Onions</p> <p>Blush Pear Salad Frozen Yogurt</p> <p>Coffee-Tea-Milk</p>	<p>Lentil Soup Orange Honey Chicken with Oven Browned Potatoes Vegetarian Lasagna</p> <p>Peas Cauliflower Tropical Fruit Salad Banana Bread</p> <p>Coffee-Tea-Milk</p>	<p>Tortilla Soup Fish Patty on Bun/ French Fries Smothered Grilled Chicken Burrito</p> <p>Beets Brussels Sprouts Coleslaw Peanut Butter Cookies</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Noodle Soup Baked Spaghetti Grilled Ham and Cheese Sandwich Key Largo Blend Vegetables Green Beans Orange Gelatin Parfait Fresh Fruit</p> <p>Coffee-Tea-Milk</p>	<p>Old Fashioned Cabbage Soup BLT Sandwich Shaved Turkey Sandwich / Kettle Chips</p> <p>Stewed Tomatoes Zucchini Cottage Cheese Strawberry Yogurt</p> <p>Coffee-Tea-Milk</p>
<p>Stuffed Shells with Red Sauce</p> <p>Pork Patty on Bun with Potato Wedges</p> <p>Green Beans Beets Tossed Salad Strawberry Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Turkey Pot Pie Vegetarian Chili with Corn Bread</p> <p>Capri Vegetables Scandinavian Blend Vegetables</p> <p>Cranberry Relish Plate Apple Crisp</p> <p>Coffee-Tea -Milk</p>	<p>Philly Beef Sandwich Tuna Salad Sandwich Potato Chips Carrots Steamed Cabbage</p> <p>Chilled White Grape Juice Genes Chocolate Chocolate Chip Cookies</p> <p>Coffee-Tea -Milk</p>	<p>Chicken/Pineapple/ Pasta Salad Pepperoni Pizza</p> <p>Wax Beans Broccoli</p> <p>Chilled Mandarin Oranges Peach Cobbler</p> <p>Coffee-Tea-Milk</p>	<p>Salmon Loaf with Dill Sauce and Baked Potato</p> <p>Beef Ravioli</p> <p>Asparagus Italian Blend Vegetables Creamy Cucumbers</p> <p>Marble Cake</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Sandwich/ Tri Tators Beef Chow Mein/ White Rice</p> <p>Sauerkraut Carrots Creamy Apple Salad Banana Pudding</p> <p>Coffee-Tea -Milk</p>	<p>Roast Beef/Gravy Mashed Potatoes</p> <p>Oven Fried Chicken</p> <p>Corn Winter Blend Vegetables Tossed Salad</p> <p>Pumpkin Bar</p> <p>Coffee-Tea-Milk</p>

*Mary Hollis RD, LD*