

July 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sloppy Turkey Joe Whole Grain Bun Honey Roasted Carrots Steamed Greens Watermelon Milk
4 Center Closed	5 Chicken Paella Broccoli Cauliflower Pineapple Milk	6 Hamburger Stroganoff Whole Grain Roll with butter Roasted Mushrooms Strawberries Milk	7 Oven Roasted Haddock Cilantro Rice Whole Grain Roll Cherries Baked Beans Spinach Milk	8 Vegetarian Lasagna Garlic Bread Broccoli and Cauliflower Tangerine Milk
11 Meatloaf Whole Grain Roll with Butter Mashed Potatoes Collard Greens Cinnamon Baked Apple Milk	12 Oven Fried Chicken Legs Whole Grain Corn Muffin with Butter Spinach Side Salad with Ranch Creole Style Black Eyed Peas Cherry Cobbler Milk	13 Center Closed	14 Chicken in Orange Sauce Whole Grain Rice Stir Fry Vegetables Cauliflower Pineapple Milk	15 Macaroni and Cheese Vegetarian Baked Beans Tossed Salad with Ranch Grapes Milk
18 Oven Fried Chicken Legs Whole Grain Biscuit with Butter Roasted Cauliflower Three Sisters Salad Berries Milk	19 Bean Burrito Mexican Rice Zucchini Corn Peaches Milk	20 Chicken Curry Casserole Whole Grain Roll with Butter Broccoli Red Peppers Watermelon Milk	21 Chicken Spaghetti Whole Grain Roll with butter Red Beans Apricot Milk	22 Baked Cajun Fish Rice Pilaf Collard Greens Carrots Strawberries Milk
25 Grilled Pollock Red Roasted Potatoes Wedges Whole Grain Bun Steamed Kale Carrots Blueberry Cobbler Milk	26 Creamy Chicken Enchiladas. Refried Beans Corn Pineapple Milk	27 Center Closed	28 Oven Fried Chicken Cornbread with butter Sautéed Spinach Baked Beans Applesauce Milk	29 Sloppy Turkey Joe Whole Grain Bun Honey Roasted Carrots Steamed Greens Watermelon Milk