

# July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Cacciatore 3oz Mixed Vegetables 4oz Apricots 4oz Wheat Roll w/ Margarine Milk 8oz	<b>2</b> BBQ Pork 3oz (on) Whole Grain Bun Red Potato Salad 4oz Tropical Fruit 4oz Milk 8oz	<b>3</b> Beef Hot Dog (3oz) on WG Bun Mustard & Ketchup Cauli-Brocc-Raisin Salad 4oz Apple Crisp 4oz Potato Chips 1oz Milk 8oz	<b>4</b>  HAPPY 4th of July	<b>5</b> Chicken Salad (4oz) on WG Sliders (2ea = 2oz meat each) Calico Salad 4oz Mixed Fruit 4oz Milk 8oz (All Cold)
<b>8</b> Beef Cutlet 3oz w/ Spanish Sauce (over) Rice 4oz Copper Pennies Salad 4oz Pears 4oz Milk 8oz	<b>6</b> Breaded Pork Patty 3oz (on) Whole Grain Bun Lettuce & Tomato / BBQ Sauce Potato & Bean Salad 4oz Peaches 4oz Milk 8oz	<b>10</b> Chicken & Rice Cass 8oz Mixed Vegetables 4oz Mixed Fruit 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz	<b>11</b> Cowboy Beans 8oz Combo Salad 1C w/ Dressing Pkg Apricots 4oz WG Cornbread Muffin w/ Margarine Chef's Choice Birthday Cake Milk 8oz	<b>12</b> Tuna Pasta Salad 8oz Corn & Tomato Salad 4oz Applesauce 4oz Whole Grain Crackers 2pks Milk 8oz (All Cold)
<b>15</b> BBQ Pork Riblet 3oz Creamed Peas 4oz Sliced Apples 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	<b>16</b> wg Breaded Chicken Patty 3oz Mashed Potatoes 4oz Cream Gravy 2oz Mixed Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	<b>17</b> Sloppy Joe 4oz (on) Whole Grain Bun Coleslaw 4oz Ambrosia Fruit Salad 4oz Milk 8oz	<b>18</b> Chicken(3oz) Soft Taco Wheat Tortilla Lettuce (2oz) Cheese (1oz) Salsa Pkg Mexican Rice 4oz Fiesta Corn Salad 4oz Craisins 1/4c Milk 8oz	<b>19</b> Roast Turkey (3oz) on WG Sub Cheese Slice / Lettuce / Tomato / Mayo Carrot Raisin Salad 4oz Pineapple 4oz Milk 8oz (All Cold)
<b>22</b> Salisbury Steak 3oz Potatoes & Onions 4oz Peaches 4oz Wheat Roll w/ Margarine Milk 8oz	<b>23</b> Mexican Pork Stew 8oz Squash Salad 4oz Blushing Pears 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	<b>24</b> Turkey & Swiss Brocc Pasta 8oz Three Bean Salad 4oz Pineapple 4oz Whole Grain Garlic Breadstick Milk 8oz	<b>25</b> Cranberry Meatballs 4oz Baked Potato w/ Margarine Apricot Crisp 4oz Wheat Bread w/ Margarine Milk 8oz	<b>26</b> Shrimp Pasta Salad 8oz Tomato Salad 4oz Mixed Fruit 4oz Crackers 2pks Milk 8oz (All Cold)
<b>29</b> Italian Chicken 3oz Peas & Carrots 4oz Pears 4oz Wheat Bread w/ Margarine Milk 8oz	<b>30</b> Scalloped Potatoes & Ham 8oz Corn 4oz Flavored Applesauce 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz	<b>31</b> Cheeseburger (3oz) (on) Whole Grain Bun Lettuce & Tomato / Mustard & Ketchup Sweet Potato Salad 4oz Tropical Fruit 4oz Milk 8oz	<b>DAILY MEAL PATTERN</b> Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C	