

JULY 2010 LUNCH MENU

MON	TUE	WED	THU	FRI
			1 Turkey Noodle Casserole California Blend Veggies Cesar Salad Wheat Roll Apple Cinnamon Oatmeal Crisp Skim Milk	2 Meatloaf Baked Potato / Sour Cream Green Beans w/Onion Wheal Roll Tropical Fruit Salad Chocolate Milk
5 Holiday	6 Cheese Tortellini w/Marinara Sauce Cooked Broccoli Mixed Green Salad Italian Dressing Wheat Roll Banana w/Strawberry Glaze Skim Milk	7 Tuna Salad Wheat Bread Lettuce / Tomato Succotash Creamed Spinach Fruited Jello Skim Milk	8 Beefy Macaroni & Tomato Casserole Peas and Carrots Mixed Vegetable Salad Banana Pudding w/ Vanilla Waffers Skim Milk	9 Grilled Chicken Breast Wheat Bun Lettuce / Tomato Mixed Bean Soup Pasta Vegetable Salad Applesauce Skim Milk
12 Hamburger Wheat Bun Lettuce / Tomato Mustard / Ketchup Baked Beans Creamy Coleslaw Pineapple Chunks SkimMilk	13 Roast Beef & Cheddar Sandwich Wheat Bun Peas w/ Mushrooms Lettuce / Tomato Potatoes O'Brien Tropical Fruit Salad Skim Milk	14 Roasted Turkey Breast Red Smashed Potatoes Stewed Tomatoes Wheat Roll Apple Pie Skim Milk	15 Pulled Pork BBQ Wheat Bun Fiesta Corn Turnip Greens Banana Chocolate Milk	16 Country Fried Steak Gravy Squash / Zucchini Medley Mashed Sweet Potatoes Wheat Roll Fresh Orange Slices Skim Milk
19 Seafood Jambalaya w/ Tomatoes & Okra Rosemary Red Roasted Potatoes Wheat Roll Honeydew Skim Milk	20 Fried Chicken Breast Baked Potato / Sour Cream Steamed Broccoli Apple Sauce Skim Milk	21 Baked Ziti Mixed Green Salad Ranch Dressing Steamed Zucchini Wheat Roll Mandarin Oranges Skim Milk	22 Frankfurter Bun Mustard Baked Beans Cooked Cabbage Tropical Fruit Salad Skim Milk	23 Meatball Stroganoff Lima Beans Wheat Roll Cantaloupe Chocolate Milk
26 Mandarin Chicken Spinach Salad Oatbran Muffin Tomato Soup Vanilla Ice Cream Skim Milk	27 Beef Pot Roast Gravy Roasted Red Potatoes Peas and Carrots Wheat Roll Pineapple Rings Skim Milk	28 Roast Pork Gravy Baked Sweet Potatoes Brussels Sprouts Fruit Yogurt Parfait Chocolate Milk	29 Chicken Salad Wheat Bun Lettuce / Tomato Vegetable Soup Broccoli Raisin Salad Banana Skim Milk	30 Sloppy Joe Wheat Bun French Fried Potatoes Cucumber Salad Fresh Pear Skim Milk