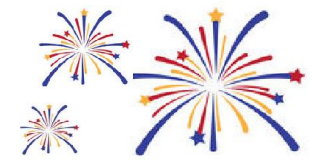


# JULY FOOD FOR ALL HOT MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	<b>3</b> VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL	<b>4</b>	<b>5</b> COUNTRY FRIED CHICKEN MASHED POTATOES AND GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	<b>6</b> BLACKENED TALAPIA FILLET SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN 
<b>9</b> DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL 	<b>10</b> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL	<b>11</b> SPAGHETTI WITH MEATSAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	<b>12</b> SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES	<b>13</b> BBQ CHICKEN THIGH COLLARD GREENS BANANA BREAD PUDDING BUTTERMILK BISCUITS
<b>16</b> QUICHE LORRAINE WITH BACON POTATOES O'BRIEN PEACH CRISP FRUIT MUFFIN	<b>17</b> CHICKEN POT PIE MAPLE GLAZED CARROTS APPLE CRUMB CAKE BUTTERMILK BISCUIT	<b>18</b> BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	<b>19</b> SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>20</b> BEEF STROGANOFF SAUTEED SPINACH POACHED PEARS WHOLE GRAIN ROLL 
<b>23</b> VEGETABLE FRITTATA BLUEBERRY OATMEAL PORK SAUSAGE LINKS FRUIT MUFFIN	<b>24</b> CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>25</b> PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	<b>26</b> HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL 	<b>27</b> LASAGNA W/ ITALIAN PORK SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL
<b>30</b> BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT	<b>31</b> CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL			



Each meal meets the new A.A.A. approved nutritional guidelines.  
 All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

