

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**July, 2022**



				Swedish Meatballs <b>1</b> Wild & Brown Rice Four Bean Salad Cantaloupe Blueberry Muffin  MO: Red Beans/Rice
	BBQ Chicken Sandwich <b>5</b> Pickled Beets Pears Potato Salad Ice Cream MO: Veggie Wrap	Breaded Fish <b>6</b> Whole Wheat Roll O'Brien Potatoes Coleslaw Banana & Birthday Cake MO: Cheese Sandwich	Taco Salad <b>7</b> Mixed Fruit Oatmeal Cookie Bar  MO: Meatless Taco Salad	Chicken Salad <b>8</b> Croissant Broccoli slaw Apple Juice Plain Jello MO: Egg Salad
Cheeseburger <b>11</b> German Potato Salad Applesauce Pudding  MO: Veggie Burger	Chef Salad <b>12</b> With Turkey Peaches Zucchini Muffin  MO: Meatless Salad	Meatloaf with Gravy <b>13</b> Mashed Potatoes Stewed Tomatoes, Zucchini Whole Wheat Bread Cheesecake & Strawberries MO: Soy Patty	Chicken Sandwich <b>14</b> Pasta Primavera Salad Watermelon  MO: Humus Sandwich	Baked Ham <b>15</b> Hash Brown Square Kidney Bean Salad Marble Rye Bread Fresh Fruit MO: Stuffed Shell
Spaghetti, Meat Sauce <b>18</b> Romaine Salad Garlic Bread Pears Sherbet  MO: Meatless Sauce	Pork Loin <b>19</b> Mashed Red Potatoes Broccoli Rye Bread Banana  MO: Cheese Ravioli	Hot Shredded <b>20</b> Beef Sandwich Parsley Red Potatoes Spinach Salad Applesauce Fruit Yogurt Cup MO: Cheese Sandwich	Stuffed Green Pepper <b>21</b> Glazed Carrots Cottage Cheese Pumpernickel Rye Fruited Jello  MO: Meatless Pepper	Calif. Cobb Salad <b>22</b> Whole Wheat Roll Mixed Berries Cookie  MO: Meatless Salad
Baked Fish <b>25</b> Baked Sweet Potato Coleslaw Whole Wheat Bread Pineapple Chunks  MO: Soy Patty	Boneless Pork <b>26</b> Oven Fried Potatoes Baked Beans Whole Wheat Bread Tropical Fruit  MO: Veggie Lasagna	Hot Turkey Sandwich <b>27</b> Grape Juice Broccoli Cauliflower Salad Cookie  MO: Hummus Salad	Baked Chicken <b>28</b> New Potatoes Green Beans Wheat Bread Taffy Apple Salad  MO: Stuffed Shell	Sloppy Joe <b>29</b> Sumer Squash Salad Dill Pickle Mandarin Oranges Rice Crispy Bar  MO: Soy Patty