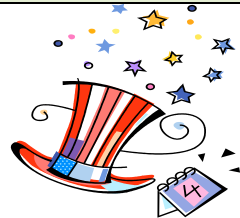

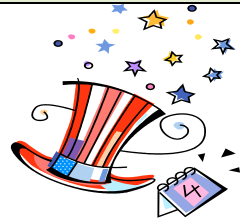

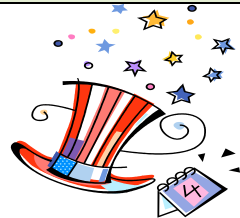





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	July 1 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	July 2 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	July 3 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Tossed Salad w/ Tomato ½ c. Coleslaw w/ Raisins 1 Whole Grain Bun 1 pkt. each Ketchup, Mustard Fresh Fruit – Melon 8 oz. 1% Low Fat Milk INDEPENDENCE DAY CELEBRATION	July 4 Independence Day Sites Closed	July 5 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Potato Salad 2 pk Saltine Crackers Fresh Fruit 8 oz. 1% Low Fat Milk
	July 8 3 oz. Meatloaf w/ Brown Gravy ½ c. Mashed Potatoes ½ c. Green Beans 1 sl. Whole Wheat Bread Fresh Fruit 8 oz. 1% Low Fat Milk	July 9 3 oz Lemon Pepper Chicken ½ c. Yellow Rice w/Tomato & Pepper 1/2 c. Pinto Beans ½ c. Cabbage ½ c. Applesauce 8 oz. 1% Low Fat Milk	July 10 8 oz. Spaghetti with Meat Sauce ½ c Yellow Squash ½ c. Tossed Salad w/ Italian Dressing 1 sl. Italian Bread ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk	July 11 3 oz. Sliced Roast Pork w/ Onion Gravy ½ c. Black Eyed Peas ½ c. Mixed Greens 1 Corn Muffin Mini Moon Pie 8 oz. 1% Low Fat Milk	July 12 4 oz. Blended Juice 4 oz. Egg Salad (3 M/MA) ½ c. Carrot Raisin Salad ½ c. Tossed Salad 1 sl. Whole Grain Bread 1 pkt. Italian Dressing 8 oz. 1% Low Fat Milk
WEEK 2	July 15 8 oz Mac and Cheese ½ c. Collard Greens ½ c. Butter Beans 1 Corn Muffin 1 Fresh Fruit 8 oz. 1% Low Fat Milk	July 16 3 oz. Salmon Croquette ½ c. Cheese Grits ½ c. Tomatoes & Okra 1 pk. Tartar Sauce 1 sl. Whole Wheat Bread ½ c. Citrus Fruit 8 oz. 1% Low Fat Milk	July 17 4 oz. Orange Pineapple Juice 8 oz. Ham & Potato Au Gratin ½ c. Carrot Coins ½ c. Black Eyed Peas 1 Whole Grain Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	July 18 4 oz. 100% Blended Juice 3 oz. Whole Grain Chicken Egg Roll 1 c. Chicken Fried Rice ½ c. Oriental Blend Vegetables 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	July 19 3 oz. Salisbury Steak ½ c. Cabbage ½ c. Yams 1 Corn Muffin ½ c. Vanilla Pudding Fresh Fruit 8 oz. 1% Low Fat Milk
	July 22 3 oz. Hamburger Patty 1 pkt. Mustard & Ketchup ½ c. Potato Salad ¼ c. Baked Beans 1 Whole Grain Bun ½ c. Mandarin Orange 8 oz. 1% Low Fat Milk	July 23 4 EA Whole Grain Chicken Strips ½ c. Spinach ½ c. Cinnamon Apples w/ Raisins 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	July 24 4 oz. Orange Pineapple Juice 8 oz. Chef Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato) 1pkt. French Dressing ½ c. Carrot-Raisin Salad 2 Pks Saltines 8 oz. 1% Low Fat Milk	July 25 3 oz. Sloppy Joe 1 Hamburger Bun ½ c Cole Slaw ½ c. Baked Beans ½ c. Pineapple 8 oz. 1% Low Fat Milk	July 26 2 6" Beef Tacos 2 Whole Grain Tortilla ½ c Lettuce and Tomato ½ c. Confetti Corn ½ c. Salsa ½ c. Jello w/ Fruit 8 oz. 1% Low Fat Milk
WEEK 3	July 29 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	July 30 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	July 31 3 oz. Western Omelet ½ c. Potatoes O' Brien ½ c. Cranberry Pears 1 sl. Whole Wheat Bread Margarine Cup 8 oz. 1% Low Fat Milk		July 2019 
	July 29 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	July 30 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	July 31 3 oz. Western Omelet ½ c. Potatoes O' Brien ½ c. Cranberry Pears 1 sl. Whole Wheat Bread Margarine Cup 8 oz. 1% Low Fat Milk		July 2019 
WEEK 4	July 22 3 oz. Hamburger Patty 1 pkt. Mustard & Ketchup ½ c. Potato Salad ¼ c. Baked Beans 1 Whole Grain Bun ½ c. Mandarin Orange 8 oz. 1% Low Fat Milk	July 23 4 EA Whole Grain Chicken Strips ½ c. Spinach ½ c. Cinnamon Apples w/ Raisins 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	July 24 4 oz. Orange Pineapple Juice 8 oz. Chef Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato) 1pkt. French Dressing ½ c. Carrot-Raisin Salad 2 Pks Saltines 8 oz. 1% Low Fat Milk	July 25 3 oz. Sloppy Joe 1 Hamburger Bun ½ c Cole Slaw ½ c. Baked Beans ½ c. Pineapple 8 oz. 1% Low Fat Milk	July 26 2 6" Beef Tacos 2 Whole Grain Tortilla ½ c Lettuce and Tomato ½ c. Confetti Corn ½ c. Salsa ½ c. Jello w/ Fruit 8 oz. 1% Low Fat Milk
WEEK 1	July 29 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	July 30 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	July 31 3 oz. Western Omelet ½ c. Potatoes O' Brien ½ c. Cranberry Pears 1 sl. Whole Wheat Bread Margarine Cup 8 oz. 1% Low Fat Milk		July 2019 

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p style="text-align: center;">August 2019</p> 			<p style="text-align: center;">August 1</p> 4 oz. Apple Juice Turkey and Cheese Sandwich on Bun W904 ½ c. Spinach Salad 1 pk. Italian Dressing 1 ea. Mustard/Mayonnaise pkt. 4 oz. Chocolate Pudding 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 2</p> 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Potato Salad 2 pk Saltine Crackers 8 oz. 1% Low Fat Milk Fresh Fruit
				<p style="text-align: center;">August 5</p> 3 oz. Meatloaf w/ Brown Gravy ½ c. Mashed Potatoes ½ c. Green Beans 1 sl. Whole Wheat Bread Fresh Fruit 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 6</p> 3 oz Lemon Pepper Chicken ½ c. Yellow Rice w/Tomato & Pepper 1/2 c. Pinto Beans ½ c. Cabbage ½ c. Applesauce 8 oz. 1% Low Fat Milk
WEEK 2	<p style="text-align: center;">August 12</p> 8 oz Mac and Cheese ½ c. Collard Greens ½ c. Butter Beans 1 Corn Muffin 1 Fresh Fruit 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 13</p> 3 oz. Salmon Croquette ½ c. Cheese Grits ½ c. Tomatoes & Okra 1 pk. Tartar Sauce 1 sl. Whole Wheat Bread ½ c. Citrus Fruit 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 14</p> 4 oz. Orange Pineapple Juice 8 oz. Ham & Potato Au Gratin ½ c. Carrot Coins ½ c. Black Eyed Peas 1 Whole Grain Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 15</p> 4 oz. 100% Blended Juice 3 oz. Whole Grain Chicken Egg Roll 1 c. Chicken Fried Rice ½ c. Oriental Blend Vegetables 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 16</p> 4 oz. 100% Blue Raspberry Frozen Juice 3 oz. Hot Chicken Sandwich on Hamburger Bun 1 pk. Ketchup, Mustard ½ c. Coleslaw ½ c. Three Bean Salad Fresh Fruit - Apple 8 oz. Low Fat Milk <p style="text-align: center;">DOG DAYS OF SUMMER CELEBRATION</p>
	<p style="text-align: center;">August 19</p> 3 oz. Hamburger Patty 1 pkt. Mustard & Ketchup ½ c. Potato Salad ¼ c. Baked Beans 1 Whole Grain Bun ½ c. Mandarin Orange 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 20</p> 4 EA Whole Grain Chicken Strips ½ c. Spinach ½ c. Cinnamon Apples w/ Raisins 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 21</p> 4 oz. Orange Pineapple Juice 8 oz. Chef Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato) 1pkt. French Dressing ½ c. Carrot-Raisin Salad 2 Pks Saltines 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 22</p> 3 oz. Sloppy Joe 1 Hamburger Bun ½ c Cole Slaw ½ c. Baked Beans ½ c. Pineapple 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 23</p> 2 6" Beef Tacos 2 Whole Grain Tortilla ½ c Lettuce and Tomato ½ c. Confetti Corn ½ c. Salsa ½ c. Jello w/ Fruit 8 oz. 1% Low Fat Milk
WEEK 3	<p style="text-align: center;">August 26</p> 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 27</p> 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 28</p> 3 oz. Western Omelet ½ c. Potatoes O' Brien ½ c. Cranberry Pears 1 sl. Whole Wheat Bread Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 29</p> 4 oz. Apple Juice Turkey and Cheese Sandwich on Bun W904 ½ c. Spinach Salad 1 pk. Italian Dressing 1 ea. Mustard/Mayonnaise pkt. 4 oz. Chocolate Pudding 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 30</p> 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Potato Salad 2 pk Saltine Crackers 8 oz. 1% Low Fat Milk Fresh Fruit
	<p style="text-align: center;">August 19</p> 3 oz. Hamburger Patty 1 pkt. Mustard & Ketchup ½ c. Potato Salad ¼ c. Baked Beans 1 Whole Grain Bun ½ c. Mandarin Orange 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 20</p> 4 EA Whole Grain Chicken Strips ½ c. Spinach ½ c. Cinnamon Apples w/ Raisins 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 21</p> 4 oz. Orange Pineapple Juice 8 oz. Chef Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato) 1pkt. French Dressing ½ c. Carrot-Raisin Salad 2 Pks Saltines 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 22</p> 3 oz. Sloppy Joe 1 Hamburger Bun ½ c Cole Slaw ½ c. Baked Beans ½ c. Pineapple 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 23</p> 2 6" Beef Tacos 2 Whole Grain Tortilla ½ c Lettuce and Tomato ½ c. Confetti Corn ½ c. Salsa ½ c. Jello w/ Fruit 8 oz. 1% Low Fat Milk
WEEK 4	<p style="text-align: center;">August 26</p> 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 27</p> 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 28</p> 3 oz. Western Omelet ½ c. Potatoes O' Brien ½ c. Cranberry Pears 1 sl. Whole Wheat Bread Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 29</p> 4 oz. Apple Juice Turkey and Cheese Sandwich on Bun W904 ½ c. Spinach Salad 1 pk. Italian Dressing 1 ea. Mustard/Mayonnaise pkt. 4 oz. Chocolate Pudding 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 30</p> 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Potato Salad 2 pk Saltine Crackers 8 oz. 1% Low Fat Milk Fresh Fruit
	<p style="text-align: center;">August 19</p> 3 oz. Hamburger Patty 1 pkt. Mustard & Ketchup ½ c. Potato Salad ¼ c. Baked Beans 1 Whole Grain Bun ½ c. Mandarin Orange 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 20</p> 4 EA Whole Grain Chicken Strips ½ c. Spinach ½ c. Cinnamon Apples w/ Raisins 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 21</p> 4 oz. Orange Pineapple Juice 8 oz. Chef Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato) 1pkt. French Dressing ½ c. Carrot-Raisin Salad 2 Pks Saltines 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 22</p> 3 oz. Sloppy Joe 1 Hamburger Bun ½ c Cole Slaw ½ c. Baked Beans ½ c. Pineapple 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 23</p> 2 6" Beef Tacos 2 Whole Grain Tortilla ½ c Lettuce and Tomato ½ c. Confetti Corn ½ c. Salsa ½ c. Jello w/ Fruit 8 oz. 1% Low Fat Milk
WEEK 1	<p style="text-align: center;">August 26</p> 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 27</p> 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 28</p> 3 oz. Western Omelet ½ c. Potatoes O' Brien ½ c. Cranberry Pears 1 sl. Whole Wheat Bread Margarine Cup 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 29</p> 4 oz. Apple Juice Turkey and Cheese Sandwich on Bun W904 ½ c. Spinach Salad 1 pk. Italian Dressing 1 ea. Mustard/Mayonnaise pkt. 4 oz. Chocolate Pudding 8 oz. 1% Low Fat Milk	<p style="text-align: center;">August 30</p> 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Potato Salad 2 pk Saltine Crackers 8 oz. 1% Low Fat Milk Fresh Fruit

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	September 2 Labor Day Sites Closed	September 3 3 oz. Frankfurter ½ c. Baked Beans ½ c. Coleslaw w/ Carrots 1 Hot Dog Bun 1 pk. Mustard, Ketchup, Onion Fresh Fruit - Watermelon 8 oz. Low Fat Milk LABOR DAY CELEBRATION	September 4 8 oz. Spaghetti with Meat Sauce ½ c Yellow Squash ½ c. Tossed Salad w/ Italian Dressing 1 sl. Italian Bread ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk	September 5 3 oz. Sliced Roast Pork w/ Onion Gravy ½ c. Black Eyed Peas ½ c. Mixed Greens 1 Corn Muffin Mini Moon Pie 8 oz. 1% Low Fat Milk	September 6 4 oz. Blended Juice 4 oz. Egg Salad (3 M/MA) ½ c. Carrot Raisin Salad ½ c. Tossed Salad 1 sl. Whole Grain Bread 1 pkt. Italian Dressing 8 oz. 1% Low Fat Milk
	September 9 8 oz Mac and Cheese ½ c. Collard Greens ½ c. Butter Beans 1 Corn Muffin 1 Fresh Fruit 8 oz. 1% Low Fat Milk	September 10 3 oz Lemon Pepper Chicken ½ c. Yellow Rice w/Tomato & Pepper 1/2 c. Pinto Beans ½ c. Cabbage ½ c. Applesauce 8 oz. 1% Low Fat Milk	September 11 4 oz. Orange Pineapple Juice 8 oz. Ham & Potato Au Gratin ½ c. Carrot Coins ½ c. Black Eyed Peas 1 Whole Grain Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	September 12 4 oz. 100% Blended Juice 3 oz. Whole Grain Chicken Egg Roll 1 c. Chicken Fried Rice ½ c. Oriental Blend Vegetables 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	September 13 3 oz. Salisbury Steak ½ c. Cabbage ½ c. Yams 1 Corn Muffin ½ c. Vanilla Pudding Fresh Fruit 8 oz. 1% Low Fat Milk
WEEK 3	September 16 3 oz. Hamburger Patty 1 pkt. Mustard & Ketchup ½ c. Potato Salad ¼ c. Baked Beans 1 Whole Grain Bun ½ c. Mandarin Orange 8 oz. 1% Low Fat Milk	September 17 4 EA Whole Grain Chicken Strips ½ c. Spinach ½ c. Cinnamon Apples w/ Raisins 1 Whole Wheat Roll 1 Margarine Cup 8 oz. 1% Low Fat Milk	September 18 4 oz. Orange Pineapple Juice 8 oz. Chef Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato) 1pkt. French Dressing ½ c. Carrot-Raisin Salad 2 Pks Saltines 8 oz. 1% Low Fat Milk	September 19 3 oz. Sloppy Joe 1 Hamburger Bun ½ c Cole Slaw ½ c. Baked Beans ½ c. Pineapple 8 oz. 1% Low Fat Milk	September 20 2 6" Beef Tacos 2 Whole Grain Tortilla ½ c Lettuce and Tomato ½ c. Confetti Corn ½ c. Salsa ½ c. Jello w/ Fruit 8 oz. 1% Low Fat Milk
	September 23 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ¼ c. Baked Beans ½ c. Coleslaw 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk	September 24 3 oz. Chicken Breast Florentine ½ c. Yellow Rice ½ c. Tuscan Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	September 25 3 oz. Western Omelet ½ c. Potatoes O' Brien ½ c. Cranberry Pears 1 sl. Whole Wheat Bread Margarine Cup 8 oz. 1% Low Fat Milk	September 26 4 oz. Apple Juice Turkey and Cheese Sandwich on Bun W904 ½ c. Spinach Salad 1 pk. Italian Dressing 1 ea. Mustard/Mayonnaise pkt. 4 oz. Chocolate Pudding 8 oz. 1% Low Fat Milk	September 27 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Potato Salad 2 pk Saltine Crackers ½ c Banana 8 oz. 1% Low Fat Milk
WEEK 4	September 30 3 oz. Meatloaf w/ Brown Gravy ½ c. Mashed Potatoes ½ c. Green Beans 1 sl. Whole Wheat Bread Fresh Fruit 8 oz. 1% Low Fat Milk	September 2019 