

**SERVING SIZES**  
 Grains – 2 ounces  
 Vegetables – ½ cup  
 Fruits – ½ cup  
 Protein – 3 ounces  
 Dairy – 1 cup

# July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Chicken Topped w/ Eggplant Bolognese Roasted Potato Garlic Bread	2 Potato Crusted Fish Green Beans Rice Pilaf Ww Roll Sliced Peaches	3 Pub Burger w/ Cheese Pasta Salad Charred Broccoli Ww Roll	4 <b>Closed</b> <b>Happy 4<sup>th</sup> of July</b>	5 Sloppy Joe Cole Slaw Potato Wedges Ww Roll Melon
8 Chicken Marsala Parmesan Rice Mixed Vegetables Ww Roll Tropical Fruit	9 Sausage & Pepper Sandwich Chips Roasted Zucchini Ww Roll Pudding	10 Lemon Butter Pork Chop Roasted Potatoes Mixed Vegetables Ww Roll Sliced Pears	11 Chicken Cordon Bleu Rice Pilaf Waxed Beans Ww Roll	12 Baked Pasta w/ Meatballs Sausage & Cheese Roasted Vegetables Roll Fresh Fruit Cup
15 Meatball Sandwich 3- Bean Salad Potato Wedges Pineapple Chunks – Ww Roll	16 Swedish Meatballs Mashed Potatoes Buttered Corn Fresh Fruit- Ww Roll	17 Fish Sandwich Cole Slaw Orzo Salad Roll	18 Pot Roast Mashed Potatoes Peas & Carrots Sliced Peaches – Ww Roll	19 Lasagna Roll Up w/ Meat Sauce Roasted Vegetables Pudding – Ww Roll
22 Shepards Pie Mashed Potato Ww Roll	23 Marry Me Chicken Waxed Beans Roasted Potatoes Ww Roll Sliced Peaches	24 Beef Tips w/ Mushroom Gravy Mashed Potatoes Roasted Zucchini & Tomato Ww Roll Melon	25 Sliced Turkey Stuffing Mixed Squash Ww Roll	26 Chicken Parm Steamed Broccoli Spanish Rice Ww Roll
29 Roasted Chicken Mashed Potato Green Beans Ww Roll Pudding	30 Pork Chop Italiano Roasted Vegetables Parmesan Rice Tropical Fruit - Ww Roll	<b>8 OZ MILK SERVED DAILY WITH LUNCH</b>		