



JULY 24



44

Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4	5
2 oz BBQ Chicken Sandwich WW 1 Broccoli Bite 1/2 cup Baked Sweet Potatoes 1/2 cup pineapples	3 oz Beef - Burrito 1/2 cup Lima Beans 2/3 cup Cooked Carrots 1/2 cup Watermelon	3 oz Sweet and Sour Pork 1/2 cup Rice 1/2 cup broccoli 1/2 cup Raw peppers 1/2 cup Pineapples	CENTER CLOSED FOR 4 TH OF JULY HOLIDAY	CENTER CLOSED FOR 4 TH OF JULY HOLIDAY
8 1.5 oz Burrito Bowl with Brown rice 1.5 oz Marinated Black bean salad 1/2 cup Pineapples 1/4 cup sour cream	9 3 oz Sweet and Sassy Chicken 1/2 cup Rice 1/2 cup Cooked Carrots 1/2 cup Cabbage 1/2 cup Honeydew	10 2.25 oz Oven Fried Chicken 1 oz Macaroni and Cheese 1/2 cup Broccoli 1/2 cup Corn 1/2 cup peaches	11 Spaghetti and meat Sauce 1 cup Side Salad Garlic bread 1/2 cup Apple Sauce	12 2 oz Pork tenderloin 2 oz Arroz Con Queso Roll ww 1/2 cup Mixed Vegetables orange
15 4oz Beef - Shepard's Pie WW Roll/Bread 1/2 Cup Greens 1 Apple 1/2 cup peaches	16 Chicken tetrazzini Side Salad Fruit Cocktail	17 2 Cups Chef Salad WW Roll/Bread 1/2Cup beets 1/2 cup pears	18 Pizza Cup w/ Marinara Sauce 1/2 Cup Cottage Cheese 1/2 Cup Green Beans 1 banana	19 3oz Chicken - Burrito 1/4 cup Refried Beans 1/2 cup Stewed Tomatoes 1/2 cup pineapples Apple
22 Tucson Grilled Cheese -WW 1/2 cup Bean Soup 1/2 Cup Cottage Cheese 1/2 cup Cucumbers 1/2 cup pears	23 Chef's Choice	24 COLD PLATTER 4 oz Tuna Salad on Lettuce 1/2 Pasta Salad 1/2 Cup beets yogurt	25 3 oz BBQ chicken WW Roll/Bread 1/2 cup Baked beans 1/2 cup Cooked Carrots 1/2 cup pineapples	26 6 oz cheeseburger 1/2 cup Baked Fries 1/2 cup peas 1/2 cup watermelon
29 3 oz -Chicken Sandwich WW Lettuce and Tomato 1/2 cup Cauliflower 1/2 cup greens 1/2 cup peaches	30 3 oz Chicken Ala King 1/2 cup brown rice 1/2 c peas 1/2 cup grapes	31 1 cup Taco Salad w/ Salsa 1/4 cup Refried Beans 1/2 cup corn 1/2 cup Fruit Cocktail	PLEASE REMEMBER THAT WE ARE SHORT STAFFED AND MAY NOT BE AVAILABLE TO ANSWER OUR PHONE. PLEASE LEAVE A MESSAGE IF YOU DO NOT LEAVE A MESSAGE, WE WILL NOT KNOW THAT YOU ARE TRYING TO REACH US!!	

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