



JULY 26

Monday	Tuesday	Wednesday	Thursday	Friday
		3 oz Meatball Madness WW Roll	3 oz Honey Lime Chicken 3/4 cup Fried Rice	4 Closed
		1/2 cup Green Beans banana	1/2 cup peas 1/2 raw carrots	
		chefs choice of desert.	1/2 cup pineapples	
6	7	8	9	10
BBQ chicken Sandwich broccoli bites	Beef burrito 1/2 cup refried beans	3 oz Sweet and Sour Pork 1/2 cup Rice	oz Turkey and dressing Suprem 1/2 cup Green Beans	2 oz Oven roasted Fish 1 oz Vegetable Rice
1/2 cup baked sweet Potato	1/2 cooked carrots	1/2 cup broccoli	1/2 corn Corn	1/2 cup Greens
1/2 cup watermelon	1/2 peaches	1/2 cup Raw peppers	1/2 cup Peaches	1/2 cup stewed Tomatoes
		1/2 cup Pineapples		1/2 cup Fruit Cocktail
13	14	15	16	17
1.5 oz Burrito Bowl with Brown rice	3 oz Sweet and Sassy Chicken 1/2 cup Rice	2.25 oz Oven Fried Chicken 1 oz Macaroni and Cheese	Spaghetti and meat Sauce 1 cup Side Salad	2 oz Pork tenderloin 2 oz Arroz Con Queso
1.5 oz Marinated Black bean salad	1/2 cup Cooked Carrots	1/2 cup Broccoli	Garlic bread	Roll ww
1/2 cup Pineapples	1/2 cup Cabbage	1/2 cup Corn	1/2 cup Apple Sauce	1/2 cup Mixed Vegetables orange
1/4 cup sour cream	1/2 cup Honeydew	1/2 cup peaches		
20	21	22	23	24
3oz Beef - Shepard's Pie WW Roll/Bread		2 Cups Chef Salad WW Roll/Bread	Pizza Cup w/ Marinara Sauce 1/2 Cup Cottage Cheese	3oz Chicken - Burrito 1/4 cup Refried Beans
1/2 Cup Greens	Chef's Choice	1/2 Cup beets	1/2 Cup Green Beans	1/2 cup Stewed Tomatoes
1 Apple		1/2 cup pears	1 banana	1/2 cup pineapples
1/2 cup pears		yogurt	1/2 cup pineapples	
27	28	29	30	31
Tucson Grilled Cheese - WW	3 oz Beef - Tamale Pie	COLD PLATTER 4 oz Tuna Salad on Lettuce	3 oz BBQ chicken WW Roll/Bread	Cheese Burger ww/ bun lettuce/tomato
1/2 cup Bean Soup	1 cup Side Salad	1/2 Pasta Salad	1/2 cup Baked beans	1/2 c baked fries
1/2 Cup Cottage Cheese	1/2 cup pineapples	1/2 Cup beets	1/2 cup Cooked Carrots	1/2 c fruit salad
1/2 cup Cucumbers	chefs choice of desert.	1/2 Cup beets yogurt	1/2 cup pineapples	
1/2 cup pears				