



July 2010

Cycle 3, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			Grilled Pork with Gravy Delmonico Potatoes Diced Carrots Whole Wheat Bread Cherry Gelatin Milk Diet – Gelatin  7/1	<b>Independence Day</b> BBQ Pork Patty Ranch Beans Hot Potato Salad Hamburger Bun Watermelon Milk Diet – Same 7/2
Beef Chili Confetti Rice Broccoli Saltine Crackers Fresh Fruit Milk Diet – Same  7/5	Turkey Taco Meat Shredded Cheese Lettuce and Tomato Corn O'brien Pinto Beans Flour Tortilla Peanut Butter Cookie Milk Taco Sauce Diet – Cookie 7/6	Teriyaki Chicken Fried Rice Green Beans/Onions/Peppers Whole Wheat Bread Glazed Fruit Milk Diet – Fruit Cup  7/7	Hamburger Patty Lettuce / Tomato / Onion Hot Potato Salad Hamburger Bun Peach Cobbler Milk Mayo, Mustard, or Catsup Diet – Hot Sliced Peaches  7/8	Chicken Noodle Casserole Field Peas Mixed Vegetables Cornbread Fresh Orange Milk Diet – Same 7/9
Meatloaf Brown Gravy with Onions Twice Whipped Potatoes Green Beans Whole Wheat Bread Oatmeal Cookie Milk Diet – Cookie  7/12	Italian Style Pork Lima Beans Mixed Greens Cornbread Fresh Fruit Milk Diet – Same  7/13	Turkey Breast with Gravy Cornbread Dressing Green Peas with Peppers Dinner Roll Banana Pudding Milk Diet – Banana Pudding  7/14	Honey Mustard Chicken Salad Cucumber Salad Black-Eyed Pea Salad Whole Wheat Bread (2) Orange Juice Milk Diet - Same  7/15	Salmon Patty Dill Sauce Tossed Salad Fiesta Vegetables Texas Bread Apple Brown Betty Milk Assorted Salad Dressing Diet – Hot Sliced Apples 7/16
Swedish Meatballs Egg Noodles Green Peas with Peppers Dinner Roll Fresh Fruit Milk Diet – Same  7/19	BBQ Chicken Baked Pinto Beans Tossed Salad Hamburger Bun Peach Cobbler Milk Diet – Hot Peaches Assorted Salad Dressing 7/20	Pepper Beef Patty with Gravy Garlic Whipped Potatoes Mixed Greens Cornbread Fresh Banana Milk Diet – Same  7/21	Almond Dijon Chicken* Diced Beets Green Beans Whole Wheat Bread Mandarin Orange/Pineapple Milk Diet – Same  7/22	Hamburger Patty Lettuce and Tomato Seasoned Cubed Potatoes Hamburger Bun Mixed Fruit Cobbler Milk Mayo, Mustard, or Catsup Diet – Hot Mixed Fruit 7/23
Country Fried Steak Country Gravy Whipped Potatoes Summer Vegetables Whole Wheat Bread Peaches and Strawberries* Milk Diet – Same  7/26	Baked Chicken Sweet Potato Casserole Zucchini Wheat Roll Tropical Fruit Milk Diet – Same  7/27	Tuna Salad Pasta Salad Green Pea Salad Whole Wheat Bread (2) Oatmeal Cookie Milk Diet – Cookie  7/28	Cheesy Beef Macaroni* Mixed Greens Sliced Carrots Cornbread Fresh Fruit Milk Diet – Same  7/29	Breaded Chicken Patty Tossed Salad Parslied Diced Potatoes Hamburger Bun Peach Cobbler Milk Assorted Salad Dressing Mustard Diet – Sliced Peaches 7/30

Sarah Armstrong, RD, LD

\* - New Item