



NUTRITION MENU

JULY 2024

**RD recommends to provide nutrition education on vitamin D due to current menu cycle does not meet > 1/3 RDI on Vit. D.
 Written Vitamin D material will be distributed to meal site clients.**

***Rich in Vitamin A, +Rich in Vitamin C / All meals come with 8 oz. carton of 1% milk.**



	MON	TUE	WED	THU	FRI	SAT (ITB ONLY)
	Chef's Special	Latin Inspired	Soul Food	Asian Inspired	Seafood	Lunch Served 12: 30p-1:30p
	1	2	3	4	5	6
MEAT	BBQ Beef	Chicken Tamale Pie	Turkey Meatloaf	JULY 4TH	Tuna Casserole	Roast Beef Sandwich
VEG	Baked Beans	Black Beans	Collard Greens+*	CLOSED	Green Beans & Carrots*	Lettuce/Tomatoe
VEG	Green Salad	Peppers & Onions	Blackeyed Peas	NO ACTIVITIES	Garden Salad	Cole Slaw
FRUIT	Fresh Orange+	Fruit Cup (Pineapple Chunks+)	Fresh Fruit (Apple)	NO MEALS	Fresh Fruit-Citrus+	Pears
BREAD	Cornbread	(Masa)	Brown/White Rice		Whole Wheat Pasta	Whole Wheat Bread
Brown Bag	11AM-1PM (94132, 94127, 94112)		FRESH FRUIT	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	8	9	10	11	12	13
MEAT	Salisbury Steak	Chicken Quesadilla	Beef Chili Macaroni	Baked Chicken	Shrimp	Chicken Salad
VEG	Roasted Potatoes	Refried Beans	Veg Medley (Broccoli & Carrots)+*	Peas & Carrots	Brussel Sprouts*	Lettuce/Tomatoe
VEG	3 Bean Salad	Spinach+* Salad w/ Tomatoes	Green Salad	Asian Coleslaw	Green Salad	Garden Salad
FRUIT	Citrus Fruit+	Fruit Cup (Apple)	Fresh Fruit (Pears)	Pear	Fresh Fruit (Orange+)	Banana
BREAD	Wheat Roll	Tortilla	Whole Wheat Noodles	Chow Mein	Fettucini	Mini Bagel
Brown Bag	11AM-1PM (94132, 94127, 94112)		DAIRY/GRAIN	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	15	16	17	18	19	20
MEAT	Sliced Beef	Enchilada Pie (Chicken)	Beef Stew	Chicken Fried Rice	Baked Fish	Turkey Ham
VEG	Mashed Potatoes	Refried Beans	Asparagus*	Stirfry Veg (Broccoli)	Yam +*	Lettuce/Tomatoe
VEG	Carrot & Raisin Salad	Coleslaw	Boiled Potatoes	Green Salad w/ tomato	Green Beans	Potatoe Salad
FRUIT	Fresh Fruit (Orange+)	Fruit Cup (Can Peaches)	Fresh Fruit (Mandarins+)	Fruit Cup (Fruit Cocktail)	Fresh Fruit (Apple)	Fruit Cup-Pineapple
BREAD	Wheat Roll	Tortilla	Cornbread	Rice	Wheat Roll	Wheat Roll
Brown Bag	11AM-1PM (94132, 94127, 94112)		FRESH VEGETABLES (Farm to Table)	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	22	23	24	25	26	27
MEAT	Grilled Chicken	Turkey Tacos	Spaghetti & Meat Sauce	Sliced Beef	Blackened Basa	Tuna Salad
VEG	Spinach+	Black Beans	Mustard Green+	Asian Mix	Blackeyed Peas	Lettuce/Tomatoe
VEG	Coleslaw+*	Green Salad (red cab+, car+)	Marinated Vegetable Salad	Cucumber & Tomatoe Salad	Collard Greens+*	Cucumber Salad
FRUIT	Fresh Fruit (Apple)	Citrus Fruit+	Fresh Fruit (Pear)	Orange+	Fresh Fruit (Banana)	Apple
BREAD	Brown Rice	Spanishs Rice	Cornbread	Noodles	Brown Rice	Crackers
Brown Bag	11AM-1PM (94132, 94127, 94112)		PROTEIN (Meat/Beans/Lentils)	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	29	30	31			
MEAT	Oven Fried Chicken	Sliced Beef	Turkey Wings			
VEG	Peas+ & Carrots+	Zuchini	Cabbage			
VEG	Green salad	(Cab+, onion, rad, cil)	Collard Greens			
FRUIT	Fresh Fruit (orange+)	Fruit Cup (Citrus+)	Fresh Fruit (Banana)			
BREAD	Cornbread	Spanish Rich	Brown Rice			
Brown Bag	11AM-1PM (94132, 94127, 94112)		NO DISTRIBUTION TODAY	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		