

 Summer Good For Your Health Menus July 6 - 12, 2026 Week 2 					
MONDAY July 6	TUESDAY July 7	WEDNESDAY July 8	THURSDAY July 9	FRIDAY July 10	SATURDAY July 11
Scrambled Egg Bran Muffin Corn Flakes Blended Juice	Pancake with Warm Syrup Breakfast Meat Oatmeal Orange Juice	Bacon and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Baked Vegetable Omelet Hash Browns Oatmeal Apple Juice	French Toast with Warm Syrup Breakfast Meat Toasted Oats Grape Juice	Fried Egg Buttered Wheat Toast Oatmeal Cranberry Juice
Old Fashioned Meatloaf with Gravy Herb Mashed Potatoes Seasoned Fresh Vegetables Pan Biscuit Ice Cream	Oregano Chicken Polenta Baked Fresh Zucchini Fresh Green Salad Frosted Cake	Cheese & Vegetable Lasagna Broccoli & Carrots Creamy Garbanzo Salad Garlic Bread Fresh Melon Vegetarian Meal	Roast Pork Loin with Spiced Apples Ranch Style Beans Southern Style Green Beans Cornbread Vanilla Mousse	Oven Crisp Fish Vegetable Rice Skillet Cream Peas Coleslaw Pina Colada Cake	All- American Pot Roast Boiled Red Potatoes Sage Seasoned Carrots Wheat Roll Ice Cream
Fishwich Sandwich on a Bun Texas Fries Cucumber Onion Salad Mandarin Oranges & Pineapple Fruit Mix	Pork Carnitas Arroz Verde (Green Rice) Mexican Corn Corn Tortilla Fresh Fruit Cup	Country Vegetable & Bean Soup Chef's Salad Wheat Roll Whipped Gelatin	Baked Herb Chicken Mediterranean Pasta with Vegetables Wheat Roll Pear Crisp	Split Pea Soup Baked Ham & Cheese Sandwich Tossed Green Salad Cinnamon Peaches with Whipped Topping	Chinese Noodle Soup Hoisin Chicken Stir-Fry Fluffy Brown Rice Oriental Green Salad with Asian Dressing Fresh Fruit Cup
					Donut Broccoli Cheese Egg Scramble Raisin Bran Cereal Orange Juice
					Roast Turkey with Seasoned Sauce Sweet Potatoes Spinach with Bacon Wheat Roll Peanut Butter Pudding Pie
					Pork Cubes Mediterranean Orzo Greek Salad Garlic Bread Fruit Ambrosia

Milk and Beverage Offered with Every Meal;