

Tuesday, July 1, 2025

Gr Turkey Cabbage Rolls (394)
White Rice (120)
Mixed Vegetables (70)
Fresh Orange Smiles (50)

634 calories

Wednesday, July 2, 2025

Crispy Beef Tacos (416)
Mexican Rice (100)
Pinto Beans (95)
Sliced Pears (60)

671 calories

Thursday, July 3, 2025

Hot Dog on Bun (250)
Chili Sauce (40), Chips
(160), Sliced Grape
Tomatoes & Cucumbers
(20), Condiments (110)
Watermelon (50)
Ice Cream Cup (130)
760 Calories



Friday, July 4, 2025

Monday, July 7, 2025

Chicken Cutlet (150)
Seasoned Rice (120)
Sautéed Cabbage (145)
Banana Pudding w/ sliced
banana & 3 Wafers (216)

631 calories

Tuesday, July 8, 2025

Gr Beef Stroganoff w/ Wide Egg
Noodles (522)
Steamed Green Beans (30)
Fruit Cup (70)

622 Calories

Wednesday, July 9, 2025

PAJAMA DAY BRUNCH
Fr Toast Casserole (382)
Spinach & Ham Quiche
Minis (191)
Bacon Slices (2- 100)
Cantaloupe Chunks (30)
703 calories

Thursday, July 10, 2025

King Ranch Chicken
Casserole (479)
Brussel Sprouts (60)
Mango Chunks (80)
Pudding Cup (100)

719 calories

Friday, July 11, 2025

Ham, Turkey, & Swiss on
Honey Wheat Bread (375)
Lettuce, Tomato (40)
Spreads (90)
Chips (160), Mixed Fruit
(75)
740 Calories

Monday, July 14, 2025

Chicken Tetrizzini (573)
Normandy Blend Veg (130)
Apricots (50)

753 calories

Tuesday, July 15, 2025

Ground Beef & Noodles (460)
Mixed Vegetables (70)
Cucumber & Tomato Salad
(136)
Fruit Cup (70)

736 calories

Wednesday, July 16, 2025

Green Chili Chicken
Enchiladas (2) (460)
Lettuce Tomato Cup (40)
Pinto Beans (95)
Watermelon Chunks (40)

640 calories

Thursday, July 17, 2025

Corn Flaked Fish (170)
Seasoned Rice (120)
Seasoned Gr Beans (50)
Fresh Banana (100)
Nutter Butter Cookie (65)

505 calories

Friday, July 18, 2025

Egg Salad Sandwich on
Whole Grain Bread (240)
Pickle Spear (5)
Lettuce, Tomato (40)
Chips (160)
Fresh Orange Smiles (50)
495 Calories

Monday, July 21, 2025

Lasagna Roll Ups (403)
Mixed Green Salad w/
Italian Dressing (135)
Mixed Fruit Cup (75)

613 Calories

Tuesday, July 22, 2025

Swedish Meatballs (709)
Wide Egg Noodles (100)
Grape Tomatoes & Sliced
Cucumbers (20)
Sliced Peaches (70)

899 calories

Wednesday, July 23, 2025

Mexican Squash & Chicken
Stew (347) , Seasoned Rice
(120),
Pinto Beans (95)
Sliced Peaches (70)
Vanilla Ice Cream (130)
762 calories

Thursday, July 24, 2025

Hamburger on Bun (480),
Let/Tom (40)
Condiments (90)
Oven Crinkle Fries (120)
Watermelon (40)
770 calories

Friday, July 25, 2025

Cranberry & Pecan Chicken
Salad (364) over Romain
(10)
Sliced Pickled Beets (23)
5 Ritz Crackers (80)
Jell-o w/ Fruit Cocktail 101)
578 calories

Monday, July 28, 2025

Baked Chicken Thigh (250)
Seasoned Rice (120)
Southwestern Corn (98)
Fresh Orange Smiles (50)
518 calories

Tuesday, July 29, 2025

Spaghetti w/ Meat Sauce (423)
Green Salad w/Dressing (135)
Garlic Texas Toast (140)
Sliced Peaches (50)
748 calories

Wednesday, July 30, 2025

Soft Rolled Chicken Tacos
(230), Mexican Rice (100)
Pinto Beans (95)
Sliced Pears (60)
671 calories

Thursday, July 31, 2025

BBQ Chicken on Bun
(364), Cole Slaw (71)
Sweet Potato Wedges
(141), Mango Chunks (80)
656 calories

