

Sedona Community Center
 2615 Melody Lane
 West Sedona
www.sccsedona.org
 928-282-2834



JULY 2026



Daily in-house lunch guests 60 & over ~ \$7 suggested contribution for NACOG Clients, \$7 payment for non-NACOG, all others a \$10 required payment. Reservations ~ please call 928-282-2834 the day prior. Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES. DAAS to NACOG Again. Menu subject to change based on available food items. THANK YOU!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| | | 1 Grilled Chicken Red Potatoes Carrots House Salad Seasonal Fruit | 2 Hot Dogs on Bun Relish & Mustard Potato Salad Watermelon | 3 |
| 6 Stuffed Peppers Stewed Tomatoes Veggie House Salad Fruit | 7 Chicken Fajitas Black Beans Mexican Rice House Salad Pineapple | 8 Ham & Cheese Hoagie Lettuce & Tomatoes Potato Chips Cookies | 9 Meatloaf Potatoes Veggie House Salad Fruit | 10 Chicken a la King w/ Peas & Carrots WW Egg Noodles Spinach House Salad Ambrosia |
| 13 Swedish Meatballs WW Egg Noodles Green Beans House Salad Fruit | 14 Bastille Day Chicken Alfredo Mixed Veggies Garlic Bread House Salad Lemon Bars | 15 Sloppy Joes on WW Bun Tater Tots Veggie Mix House Salad Fruit | 16 Chicken Salad w/ WW Pita Tomatoes Pasta Salad Grapes | 17 Bratwurst on WW Roll Oven Fries Sauerkraut House Salad Brownies |
| 20 BBQ Chicken Garlic Rice Tex Mex Corn House Salad Fruit | 21 Pork Rib Teriyaki Brown Fried Rice Stir Fry Veggies House Salad Birthday Cake | 22 Quiche w/ Spinach & Tomatoes Roasted Potatoes Peppers & Onions House Salad Banana Bread | 23 National Day of the Cowboy BBQ Pulled Pork on WW Bun Oven Fries Coleslaw Watermelon | 24 Cobb Salad w/ Turkey WG Bread Ice Cream |
| 27 Baked Ham Scallop Potatoes Roasted Carrots House Salad Pineapple | 28 Chicken Nuggets Oven Fries Veggie Blend House Salad Jell-O with Pears | 29 Chef Salad WW Breadsticks Watermelon | 30 National Cheesecake Day Lasagna Veggie Mix Garlic Bread Caesar Salad Cheesecake | 31 Restaurant Partner El Rincon Refried beans, Veggies, Rice Pudding |

Here are some fun facts you may not know about the Fourth of July:

- Betsy Ross sewed the first American flag in May or June of 1776, after 3 members (George Washington, Robert Morris, and George Ross) of a secret committee from the Continental Congress met with her in her home.
- Thomas Jefferson was the strongest and most eloquent writer and was charged with putting together the original draft for the Declaration of Independence. There were a total of 86 changes that were made to the original draft and the Continental Congress officially adopted the final version on July 4, 1776.
- On July 5, 1776, copies of the Declaration of Independence were handed out and on July 6, *The Pennsylvania Evening Post* became the first newspaper to print the document.
- The Liberty Bell rang from the tower of Independence Hall on July 8, 1776, and citizens gathered for the first public reading of the Declaration of Independence by Colonel John Nixon.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who wanted the bald eagle.
- The 56 signers of the Declaration of Independence did not sign at the same time, nor did they sign on July 4, 1776. The official signing was on August 3, 1776, when 50 men signed it.
- The names of the signers of the Declaration of Independence were withheld from the public for more than six months to protect the signers. If independence had not been achieved, the treasonable act of the signers would have, by law, resulted in their deaths.
- The origin of Uncle Sam probably began in 1812, when Samuel Wilson, a meat packer who provided meat to the U.S. Army, stamped the meat shipments with the initials U.S. Someone joked that the initials stood for "Uncle Sam." This joke eventually led to the idea of Uncle Sam symbolizing the United States government.
- The song "Yankee Doodle," was sung originally by British officers making fun of backwoods Americans.
- In 1776, there were 2.5 million people living in the new nation. Today there are over 318 million.
- There are more than 30 towns nationwide that have the word "Liberty" in their names.
- Approximately 150 million hotdogs are consumed on the Fourth of July.
- Around \$675 million dollars will be spent by consumers for fireworks on the Fourth of July.

Meals on Wheels Clients ~ Please call us at **928-282-2834** if you know you are not going to be home for a meal delivery. We ask that you call us as soon as you know, or before 9:30am on the day you won't be home.

No Bake Cheesecake Bites

Ingredients:

- 1 cup graham cracker crumbs
- 3 Tbsp melted butter
- 1 8oz package plain cream cheese, softened
- 1/4 cup plain nonfat Greek yogurt
- 1 1/2 Tsp honey
- 1/2 Tbsp lemon juice
- 1 Tsp vanilla extract
- Fresh sliced strawberries & blueberries

Instructions:

- Line muffin tin with liners- set aside
- Make crust- combine graham crackers with melted butter in small bowl, stir well to combine.
- Spoon 2-3 tbsp of crumb mixture into each muffin cup. Press down using a small bottle or shot glass. Put pan in freezer to firm up crust.
- Filling – Use mixer to mix all filling ingredients until creamy & smooth. Add about a tbsp of filling to each cup, use spoon to press it in.
- Top with desired toppings, return to freezer for 15-20 minutes or the fridge for an hour to set.