

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JULY</h1> <h2>2022</h2>				1
				Hot Dog  Potato Wedges Broccoli WW Hot Dog Roll Oatmeal Cookie
4	5	6	7	8
Centers Closed  Independence Day	Meatballs Marinara  Zucchini Summer Vegetable Soup WW Rotini w/Sauce Fresh Fruit Salad	Cajun Turkey  Roasted Sweet Potatoes Broccoli and Cauliflower WW Dinner Roll Fruit Crisp	BBQ Pork "Riblet"  Oven Baked Fries Coleslaw WW Sandwich Roll Cantaloupe	Chicken Fajitas  Peppers and Onions Chuckwagon Corn Tortillas Fresh Orange
11	12	13	14	15
Glazed Pork  Cheesy Mashed Potatoes Diced Beets WW Dinner Roll Vanilla Pudding	Greek Chicken  Lemon Potatoes Zucchini and Tomatoes WW Dinner Roll Pound Cake	Turkey Florentine  Normandy Veg Blend  Noodles Fresh Apple Slices	Stuffed Cabbage  Mashed Potatoes Peas and Carrots WW Dinner Roll Jello	BBQ Chicken  Potato Salad Tomato Corn Salad WW Dinner Roll Fresh Melon
18	19	20	21	22
Salisbury Steak  Mashed Sweet Potatoes Brussels Sprouts WW Dinner Roll Diced Peaches	Tomato Basil Chicken  Italian Veg Blend Garden Salad WW Rotini Fruit Crisp	Pork and Peppers  Mashed Potatoes Parslied Carrots WW Dinner Roll Rice Pudding	Chicken Parmesan  Broccoli & Red Peppers Mediterranean Veg Soup WW Spaghetti Chocolate Brownie	Baked Chicken  Scalloped Potatoes Green Beans WW Dinner Roll Fresh Orange
25	26	27	28	29
Swedish Meatballs  Cauliflower & Peas  Rice Pilaf Fresh Apple Slices	Cheese Lasagna Roll Up  Carrots Broccoli WW Dinner Roll Chocolate Pudding	Breaded Fish Sandwich  Mashed Potatoes Green Beans WW Sandwich Roll Coffee Cake	Fiesta Chicken  Caribbean Veg Blend  Brown Rice Pineapple, Chocolate Chip Cookie	Cheeseburger  Broccoli Salad  WW Sandwich Roll Fresh Fruit Salad

LITE FARE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JULY</h1> <h2>2022</h2>				1
				Deli Sandwich Four Bean Salad  Club Roll Fresh Melon
4	5	6	7	8
Centers Closed Independence Day	Roast Beef & Cheddar Broccoli Salad  WW Sandwich Roll Fresh Pear	Antipasto Salad  WW Dinner Roll Fresh Banana	Turkey Coleslaw Pita Potato Salad  Whole Wheat Pita Fresh Fruit Salad	Chicken Caesar Salad  WW Dinner Roll Fresh Melon
11	12	13	14	15
Tuna Salad Sandwich Lentil Salad  WW Bread Fresh Orange	Spring Turkey Salad  WW Dinner Roll Pineapple	Italian Sandwich Tomato Onion Olive Salad  Club Roll Fresh Apple Slices	Turkey BLT Bagel Coleslaw  Bagel Fresh Fruit Salad	Chef Salad with Chicken  WW Roll Fresh Orange
18	19	20	21	22
Ham & Cheddar Sandwich Broccoli Salad  Whole Wheat Bread Fresh Apple Slices	Beef & Blue Cheese Salad  WW Dinner Roll Pineapple	BBQ Chicken Salad  WW Dinner Roll Fresh Fruit Salad	Cranberry Chk Salad Sdwch Lentil Salad  WW Sandwich Roll Fresh Orange	Turkey Cobb Salad  WW Dinner Roll Fresh Banana
25	26	27	28	29
Deli Sandwich Four Bean Salad  Club Roll Fresh Melon	Med. Chicken Salad  WW Dinner Roll Fresh Orange	Roast Beef & Cheddar Broccoli Salad  WW Sandwich Roll Fresh Pear	Antipasto Salad  WW Dinner Roll Fresh Banana	Turkey Coleslaw Pita Potato Salad  Whole Wheat Pita Fresh Fruit Salad