








July 2009

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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>LS Alt= Low Sodium Alt LF Alt=Low Fat Alt</p>	<p>1 Chicken Fajitas Caribbean Blend Vegetables Calico Fruit</p>	<p>2 All-American Meal Barbecued Chicken Sweet and Sour Coleslaw Baked Beans Whole Wheat Bread Juicy Watermelon Chunks All-American Apple Pie</p>	<p>3 NO Home Delivered Meals ALL SITES CLOSED FOR Fourth of July Holiday!</p>
<p>6 Herbed Beef and Onions Carrots Pasta Salad Sweet & Sour Cucumber Salad Whole Wheat Roll Philippine Fruit Salad</p> 	<p>7 Salmon Patty (ALT. Meatloaf) Creamed Peas and Onions Diced Potatoes Assorted Hard Rolls Fresh Cantaloupe</p> 	<p>8 Herbal/Prescription Awareness Month Grilled Chicken Breast Herb Penne Pasta Summer Ratatouille Seven Layer Salad Whole Wheat Bread Blueberries & Whipped Cream</p>	<p>9 Tour de France Day Roast Beef Au Jus Garlic Mashed Potatoes Green Beans Casserole French Onion Soup/ Croutons French Bread Mandarin Oranges</p> 	<p>10 Cheesy Egg Bake Sausage Whole Wheat English Muffin Hash Browns Stewed Tomatoes Orange Juice Blueberry Muffin</p>
<p>13 Sun Safety Day Sunshine Chicken Macaroni Salad Peas Fresh Carrot and Celery Sticks Whole Wheat Bread Pineapple Tidbits</p>	<p>14 Sweet and Sour Pork over Rice Beets Rye Bread Honeydew Melon Chunks</p>	<p>15 Fettuccini Alfredo with Ham (LS Alt=Chicken Fettuccini) Steamed Asparagus Tossed Salad Breadstick Tropical Fruit Salad</p>	<p>16 National Recreation & Parks Month Oven-Fried Fish on Kaiser Bun (ALT: Turkey Sandwich) Citrus Slaw Three Bean Salad Fruit Cocktail</p>	<p>17 Asian Chicken Salad Dinner Rolls Graham Crackers</p> 
<p>20 Barbecued Beef on a Whole Wheat Hamburger Bun Seasoned Summer Squash Buttered Lima Beans Fresh Banana</p> 	<p>21 National Picnic Month Chicken Salad Sandwich Tomato Basil Salad Broccoli Salad Watermelon Chunks</p> 	<p>22 Senior Day @ O.C. Fair Ham & Turkey Hoagie Carrot & Celery Sticks w/ Ranch Dressing Potato Salad Orange Juice Cookie</p>	<p>23 Breaded Chicken Strips Butter Parsley White Potatoes Steamed Cauliflower Green and Red Bell Pepper Rings with Ranch Dressing Cheese Biscuits Apricots</p>	<p>24 Beef Pepper Steak Over Rice Mixed Green Salad Key West Blend Vegetables Banana Bread Chilled Grape Juice</p>
<p>27 Open-Face Turkey Manhattan Cooked Carrots Medallions Parmesan Spinach Mixed Berries</p>	<p>28 Elmore Party in the Park Hamburger on Whole Wheat Bun with Cheese Potato Salad Carrot & Celery Sticks Fresh Grapes</p>	<p>29 Louisiana Chicken California Blend Vegetables Parsley Potatoes Corn Relish Cornbread muffin Melon Cup Oak Harbor B-day Cake</p>	<p>30 Tuna Salad on Croissant (ALT: Chicken Salad) Fresh Tomato Slices Three Bean Salad Fresh Peaches PC, Danbury & Elmore Birthday Cake</p>	<p>31 Birthday Gala Salisbury Steak Creamy Mashed Potatoes Brussels Sprouts Whole Wheat Dinner Roll Apple Juice Genoa & HDM B-day Cake</p>