

Lunch menu

July 2021



Monday	Tuesday	Wednesday	Thursday	Friday
			Spaghetti with meat sauce Green beans Garlic bread Apple cobbler Beverage	Baked chicken breast with gravy Butter beans Collard greens Rice pilaf Applesauce Beverage
Baked ziti Steamed broccoli Yellow squash and onions Fruit cocktail Beverage	Turkey and cheese Whole wheat bread Pasta salad Lettuce, tomato, mayo Fresh banana Beverage	Baked chicken with fricassee sauce Collard greens Stewed tomatoes Yellow rice Blueberry muffin Beverage	Beef sausage Cole slaw Sweet potato wedges Whole wheat hotdog bun Mustard, ketchup Spiced pears Beverage	Fish nuggets Okra and tomatoes Grits Tartar sauce Fig Newton cookies Beverage
Pork chop with gravy Scallop potatoes Green beans Whole wheat roll Applesauce Beverage	Barbeque chicken Yam patties Steamed broccoli with cheese Fresh fruit Beverage	Spaghetti & meat sauce Mexican corn Zucchini & yellow squash Garlic bread Yogurt with fruit Beverage	Chicken filet Vegetable soup Whole wheat bread Lettuce, tomatoes, mayo Baked apples Beverage	Cube steak with gravy Black-eyed peas Turnip greens Yellow rice Gelatin with fruit Beverage
Beef stroganoff English peas Harvard beets Whole wheat roll Pineapple tidbits Beverage	Chicken tetrazzini with noodles Sweet carrots Steamed broccoli Peaches Beverage	Smoked sausage with peppers and onions Black-eyed peas Cabbage Brown rice Peaches Beverage	Tuna salad Lettuce and tomato Carrot-raisin salad Whole wheat crackers Yogurt with fruit Beverage	Beef patty with mushroom gravy Cheesy scallop potatoes Yellow squash Whole wheat roll Fig Newton cookies Beverage
Salisbury steak with gravy Mashed potatoes English peas Pound cake Beverage	Lemon baked fish Cabbage Steamed broccoli Spanish red rice Tartar sauce Pudding Beverage	Chicken fingers Cucumber salad Green beans Mac & cheese Fresh fruit Beverage	Spaghetti with meat sauce Green beans Garlic bread Apple cobbler Beverage	Baked chicken breast with gravy Butter beans Collard greens Rice pilaf Applesauce Beverage

*Menu subject to market availability

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