


# FTHRA NUTRITION

## MENU FOR JULY 2011

Meal site \_\_\_\_\_



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Sliced Ham Creamy Mashed Potatoes Mixed Vegetables Fruit Salad Fruit Punch WW Roll
4.  <b>HOLIDAY DAY</b>	5. Country Fried Steak/Gravy Creamy Mashed Potatoes Glazed Baby Carrots Cucumber Slices Mandarin Oranges WW Roll	6. Lemon Chicken Wild Rice Pilaf Steamed Squash Fruit Cocktail WW Bread	7. Pork Tenderloin Egg Noodles Broccoli/Cheese Carrot Raisin Salad SF Chocolate Pudding Bran Muffin	8. BBQ Pork Sandwich (3oz) Tater Tots Fruit Cocktail SF Oatmeal Raisin Cookie Orange WW Bun
11. Beef Stew            ¾ cup Rice Brussel Sprouts Cottage Cheese Tomato Wedge Apple WW Roll	12. Soup Beans & Onions    ¾ cup Hashbrowns Creamed Spinach Cole Slaw Cornbread	13. Beef Stroganoff    ¾ cup Creamy Mashed Potatoes Green Beans Peach Halve Apple Juice WW Bread	14. Crispy Baked Chicken Baked Potato Casserole Mixed Vegetables Pineapple/Mandarin Oranges WW Roll	15. Sliced Honey Ham & Swiss Cheese Parsley Potato Lettuce/Tomato/Mayo Pear Halves WW Bread
18. Beef Pot Roast Scalloped Potatoes Green Beans Apple sauce WW Roll	19. Baked Chicken Rice Pilaf Mixed Vegetables Pear Salad Mandarin Oranges WW Bread	20. Meatballs (6) w/Mushroom Gravy Boiled Cabbage Lemon Pepper Broccoli SF Jell-O WW Roll	21. Vegetable Soup    ¾ cup Rice Crispy Cucumber Salad SF Apple Cobbler Sugar cookie Fruit Punch Cornbread	22. Hot Dog/Ketchup/Mayo Potato Salad Creamy Cole Slaw Waldorf Salad Fruit Punch WW Bun
25. Pork Roast Egg Noodle Broccoli/cheese Carrot-Raisin Salad SF Chocolate Pudding WW Roll	26. Baked Fish/Tartar Sauce Oven Brown Potatoes Green Peas SF Apple cobbler Cornbread	27. Grilled Chicken & WW Bread (2) Sliced Potatoes Mixed Vegetables Lettuce/Tomato/Mayo Pears	28. Soup Beans & Onions    ¾ cup Au Gratin Potatoes Mustard Greens Carrot Raisin Salad Cornbread	29. Chicken & Dumplings    ¾ cup Corn & Pimento Pear Halves Tossed Salad (no tomato)FF Ranch WW Bread

2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE 1/2CUP OR 1 PORTION UNLESS INDICATED OTHERWISE /ALL ENTRÉE ARE (3oz)/MENU MAY CHANGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY. / COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS