July 2021

To Be Prepared One Week Prior To Delivery	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	27	28	29	30	1	2	3
Entree/Starch	**Honey Mustard Chicken**	**Macaroni & Cheese**	**Teriyaki Chicken**	**Creamy Beef & Mushroom Sauce**	**Tilapia with Creole Sauce**	**Chicken Parmesan**	**Chili con Carne**
	Smashed Red Potatoes	**Marinara Sauce**	**White Rice**	**Egg Noodles**	**Mashed Sweet Potatoes**	**Pasta**	**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Baby Carrots & Parsley**	**Zucchini**	**Spinach**	**Broccoli**	**Green Beans**	**Broccoli**	**Vegetable Blend**
		Green Beans		**Carrots**		**Cauliflower**	
Fruit/Juice	Peaches	Apple	Mandarin Oranges	Mandarin Oranges	Orange	Kiwi	Fruit Cocktail
	Apple Juice	Orange Pineapple Juice	Apple Juice	Pear		Orange Pineapple Juice	
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	4	5	6	7	8	9	10
Entree/Starch	**Honey Apricot Chicken**	**Beef Meatballs with Pasta &**	**Roast Pork Loin with Mojo Sauce**	**Meatloaf with Mushroom Gravy**	**Sweet Potato Coconut Curry Fish**	**Vegetable Baked Ziti**	**BBQ Chicken**
	Garlic & Rosemary Roasted Potato	**Marinara Sauce**	**Egg Barley with Mushrooms**	**Smashed Red Potatoes**	**Brown Rice**		**Garlic & Rosemary Roast Potato**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli**	**Carrots**	**Kale with Lemon**	**Broccoli**	**Zucchini**	**Vegetable Blend**
		Green Beans				**Green Beans**	
Fruit/Juice	Mandarin Oranges	Apple	Orange	Mandarin Oranges	Kiwi	Mandarin Oranges	Fruit Cocktail
			Apple Juice	Pear			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	11	12	13	14	15	16	17
Entree/Starch	**Beef & Pepper Pasta**	**Honey Mustard Chicken Breast**	**Rotini with Meat Sauce**	**Coconut Curry Chicken Breast**	**Teriyaki Baked Fish**	**Spanish Style Chicken**	**Sweet & Sour Meatballs**
		Esquites		**Couscous**	**White Rice**	**Roasted Plantains**	**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend (x2)**	**Green Beans**	**Zucchini**	**Cauliflower**	**Spinach**	**Green Beans**	**Vegetable Blend**
			Broccoli				
Fruit/Juice	Pear	Orange	Apple	Pear	Strawberry Applesauce	Mandarin Oranges	Peaches
		Apple Juice	Orange Juice	Orange Pineapple Juice	Orange Juice	Apple Juice	
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	18	19	20	21	22	23	24
Entree/Starch	**Stuffed Shells with Marinara**	**Chicken Marsala**	**Creamy Beef & Mushroom Sauce**	**Orange Chicken with Rosemary**	**Coconut Crusted Fish**	**Chicken Alfredo Penne**	**Black Bean & Sweet Potato Chili**
		Rice Pilaf	**with Egg Noodles**	**Roasted Sweet Potatoes**	**Cuban Black Beans**		**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend (x2)**	**Baby Carrots & Parsley**	**Broccoli**	**Kale with Lemon**	**Green Beans**	**Broccoli**	**Vegetable Blend**
			Green Beans			**Cauliflower**	
Fruit/Juice	Kiwi	Apple	Pear	Orange	Kiwi	Orange	Applesauce
		Orange Pineapple Juice	Orange Juice	Apple Juice			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	25	26	27	28	29	30	31
Entree/Starch	**Chicken Breast with Gravy**	**Honey Balsamic Chicken**	**Beef Meatballs with Gravy**	**Chicken Cacciatore**	**Baked Fish with Lemon Dill Sauce**	**Stewed Chicken Breast**	**Macaroni & Cheese**
	Whole Grain Stuffing	**Pesto Pasta**	**Smashed Red Potatoes**	**Rice Pilaf**	**Roasted Sweet Potatoes**	**Yellow Rice**	
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli**	**Beets & Carrots with Dill**	**Green Beans**	**Spinach**	**Broccoli**	**Vegetable Blend (x2)**
Fruit/Juice	Peaches	Apple	Mandarin Oranges	Pear	Orange	Kiwi	Apple
		Orange Pineapple Juice	Apple Juice	Orange Juice		Orange Pineapple Juice	
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

August 2021

To Be Prepared One Week Prior To Delivery	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6	7
Entree/Starch	**BBQ Chicken**	**Sauce**	**Salisbury Steak & Mushroom Gravy**	**Sweet & Sour Chicken**	**Baked Breaded Fish**	**Arroz Con Pollo**	**3 Bean Chili**
	Esquites		**Roasted Sweet Potato**	**White Rice**	**Peas & Pearl Onions**		**Cornbread**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli**	**Cauliflower**	**Broccoli**	**Carrots**	**Green Beans**	**Vegetable Blend**
		Green Beans				**Zucchini**	
Fruit/Juice	Fruit Cocktail	Apple	Pear	Orange	Peaches	Kiwi	Mandarin Oranges
		Orange Juice	Apple Juice	Orange Pineapple Juice			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	8	9	10	11	12	13	14
Entree/Starch	**Spanish Style Chicken**	**Macaroni & Cheese**	**Teriyaki Chicken**	**Creamy Beef & Mushroom Sauce**	**Baked Fish with Creole Sauce**	**Chicken Parmesan with Pasta &**	**Chili con Carne**
	Spanish Rice & Beans		**White Rice**	**with Egg Noodles**	**Yellow Rice**	**Marinara Sauce**	**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli with Red Peppers**	**Spinach**	**Carrots**	**Collard Greens**	**Broccoli**	**Vegetable Blend**
		Zucchini		**Green Beans**		**Cauliflower**	
Fruit/Juice	Apple	Apple	Pear	Pineapple	Peaches	Orange	Fruit Cocktail
		Orange Pineapple Juice	Orange Juice	Apple Juice			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	15	16	17	18	19	20	21
Entree/Starch	**Honey Apricot Chicken**	**Beef Meatballs with Pasta &**	**Roast Pork Loin with Mojo Sauce**	**Meatloaf with Mushroom Gravy**	**Sweet Potato Coconut Curry Fish**	**Vegetable Baked Ziti**	**BBQ Chicken**
	Garlic & Rosemary Roasted Potato	**Marinara Sauce**	**Egg Barley with Mushrooms**	**Smashed Red Potatoes**	**Brown Rice**		**Garlic & Rosemary Roast Potato**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli**	**Carrots**	**Kale with Lemon**	**Broccoli**	**Zucchini**	**Vegetable Blend**
		Green Beans				**Green Beans**	
Fruit/Juice	Kiwi	Apple	Orange	Mandarin Oranges	Kiwi	Mandarin Oranges	Fruit Cocktail
	Orange Juice		Apple Juice	Pear			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	22	23	24	25	26	27	28
Entree/Starch	**Beef & Pepper Pasta**	**Honey Mustard Chicken Breast**	**Rotini with Meat Sauce**	**Coconut Curry Chicken Breast**	**Teriyaki Baked Fish**	**Spanish Style Chicken**	**Sweet & Sour Meatballs**
		Esquites		**Couscous**	**White Rice**	**Roasted Plantains**	**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend (x2)**	**Green Beans**	**Zucchini**	**Cauliflower**	**Spinach**	**Green Beans**	**Vegetable Blend**
			Broccoli				
Fruit/Juice	Pear	Orange	Apple	Pear	Strawberry Applesauce	Mandarin Oranges	Peaches
		Apple Juice	Orange Juice	Orange Pineapple Juice	Orange Juice	Apple Juice	
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	29	30	31	1	2	3	4
Entree/Starch	**Stuffed Shells with Marinara**	**Chicken Marsala**	**Creamy Beef & Mushroom Sauce**	**Orange Chicken with Rosemary**	**Coconut Crusted Fish**	**Chicken Alfredo Penne**	**Black Bean & Sweet Potato Chili**
		Rice Pilaf	**with Egg Noodles**	**Roasted Sweet Potatoes**	**Cuban Black Beans**		**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend (x2)**	**Baby Carrots & Parsley**	**Broccoli**	**Kale with Lemon**	**Green Beans**	**Broccoli**	**Vegetable Blend**
			Green Beans			**Cauliflower**	
Fruit/Juice	Kiwi	Apple	Pear	Orange	Kiwi	Orange	Applesauce
		Orange Pineapple Juice	Orange Juice	Apple Juice			
	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

September 2021

To Be Prepared One Week Prior To Delivery	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5	6	7	8	9	10	11
Entree/Starch	**Chicken Breast with Gravy**	**Honey Balsamic Chicken**	**Beef Meatballs with Gravy**	**Chicken Cacciatore**	**Baked Fish with Lemon Dill Sauce**	**Stewed Chicken Breast**	**Macaroni & Cheese**
	Whole Grain Stuffing	**Pesto Pasta**	**Smashed Red Potatoes**	**Rice Pilaf**	**Roasted Sweet Potatoes**	**Yellow Rice**	
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli**	**Beets & Carrots with Dill**	**Green Beans**	**Spinach**	**Broccoli**	**Vegetable Blend (x2)**
Fruit/Juice	Peaches	Apple	Mandarin Oranges	Pear	Orange	Kiwi	Apple
		Orange Pineapple Juice	Apple Juice	Orange Juice		Orange Pineapple Juice	
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	12						
Entree/Starch	**BBQ Chicken**	**Sauce**	**Salisbury Steak & Mushroom Gravy**	**Sweet & Sour Chicken**	**Baked Breaded Fish**	**Arroz Con Pollo**	**3 Bean Chili**
	Esquites		**Roasted Sweet Potato**	**White Rice**	**Peas & Pearl Onions**		**Cornbread**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli**	**Cauliflower**	**Broccoli**	**Carrots**	**Green Beans**	**Vegetable Blend**
		Green Beans				**Zucchini**	
Fruit/Juice	Fruit Cocktail	Apple	Pear	Orange	Peaches	Kiwi	Mandarin Oranges
		Orange Juice	Apple Juice	Orange Pineapple Juice			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	19	20	21	22	23	24	25
Entree/Starch	**Spanish Style Chicken**	**Macaroni & Cheese**	**Teriyaki Chicken**	**Creamy Beef & Mushroom Sauce**	**Baked Fish with Creole Sauce**	**Chicken Parmesan with Pasta &**	**Chili con Carne**
	Spanish Rice & Beans		**White Rice**	**with Egg Noodles**	**Yellow Rice**	**Marinara Sauce**	**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli with Red Peppers**	**Spinach**	**Carrots**	**Collard Greens**	**Broccoli**	**Vegetable Blend**
		Zucchini		**Green Beans**		**Cauliflower**	
Fruit/Juice	Apple	Apple	Pear	Pineapple	Peaches	Orange	Fruit Cocktail
		Orange Pineapple Juice	Orange Juice	Apple Juice			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	26	27	28	29	30	1	2
Entree/Starch	**Honey Apricot Chicken**	**Beef Meatballs with Pasta &**	**Roast Pork Loin with Mojo Sauce**	**Meatloaf with Mushroom Gravy**	**Sweet Potato Coconut Curry Fish**	**Vegetable Baked Ziti**	**BBQ Chicken**
	Garlic & Rosemary Roasted Potato	**Marinara Sauce**	**Egg Barley with Mushrooms**	**Smashed Red Potatoes**	**Brown Rice**		**Garlic & Rosemary Roast Potato**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend**	**Broccoli**	**Carrots**	**Kale with Lemon**	**Broccoli**	**Zucchini**	**Vegetable Blend**
		Green Beans				**Green Beans**	
Fruit/Juice	Kiwi	Apple	Orange	Mandarin Oranges	Kiwi	Mandarin Oranges	Fruit Cocktail
	Orange Juice		Apple Juice	Pear			
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	3	4	5	6	7	8	9
Entree/Starch	**Beef & Pepper Pasta**	**Honey Mustard Chicken Breast**	**Rotini with Meat Sauce**	**Coconut Curry Chicken Breast**	**Teriyaki Baked Fish**	**Spanish Style Chicken**	**Sweet & Sour Meatballs**
		Esquites		**Couscous**	**White Rice**	**Roasted Plantains**	**Brown Rice**
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables	**Vegetable Blend (x2)**	**Green Beans**	**Zucchini**	**Cauliflower**	**Spinach**	**Green Beans**	**Vegetable Blend**
			Broccoli				
Fruit/Juice	Pear	Orange	Apple	Pear	Strawberry Applesauce	Mandarin Oranges	Peaches
		Apple Juice	Orange Juice	Orange Pineapple Juice	Orange Juice	Apple Juice	
Milk	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%
Condiments	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine