July 2021

To Be Prepared On The Same Day As Delivery	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FROZEN 27	28	29	30	1	2	FROZEN 3
Entree/Starch		**Beef Meatballs with Pasta &**	**Roast Pork Loin with Mojo Sauce**	**Meatloaf with Mushroom Gravy**	**Sweet Potato Coconut Curry Fish**	**Vegetable Baked Ziti**	
		Marinara Sauce	**Egg Barley with Mushrooms**	**Smashed Red Potatoes**	**Brown Rice**		
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Broccoli**	**Carrots**	**Kale with Lemon**	**Broccoli**	**Zucchini**	
		Green Beans				**Green Beans**	
Fruit/Juice		Apple	Orange	Mandarin Oranges	Kiwi	Mandarin Oranges	
			Apple Juice	Pear			
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	4	5	6	7	8	9	10
Entree/Starch		**Honey Mustard Chicken Breast**	**Rotini with Meat Sauce**	**Coconut Curry Chicken Breast**	**Teriyaki Baked Fish**	**Spanish Style Chicken**	
		Esquites		**Couscous**	**White Rice**	**Roasted Plantains**	
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Green Beans**	**Zucchini**	**Cauliflower**	**Spinach**	**Green Beans**	
			Broccoli				
Fruit/Juice		Orange	Apple	Pear	Strawberry Applesauce	Mandarin Oranges	
		Apple Juice	Orange Juice	Orange Pineapple Juice	Orange Juice	Apple Juice	
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	11	12	13	14	15	16	17
Entree/Starch		**Chicken Marsala**	**Creamy Beef & Mushroom Sauce**	**Orange Chicken with Rosemary**	**Coconut Crusted Fish**	**Chicken Alfredo Penne**	
		Rice Pilaf	**with Egg Noodles**	**Roasted Sweet Potatoes**	**Cuban Black Beans**		
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Baby Carrots & Parsley**	**Broccoli**	**Kale with Lemon**	**Green Beans**	**Broccoli**	
			Green Beans			**Cauliflower**	
Fruit/Juice		Apple	Pear	Orange	Kiwi	Orange	
		Orange Pineapple Juice	Orange Juice	Apple Juice			
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	18	19	20	21	22	23	24
Entree/Starch		**Honey Balsamic Chicken**	**Beef Meatballs with Gravy**	**Chicken Cacciatore**	**Baked Fish with Lemon Dill Sauce**	**Stewed Chicken Breast**	
		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	
Vegetables		**Broccoli**	**Beets & Carrots with Dill**	**Green Beans**	**Spinach**	**Broccoli**	
Fruit/Juice		Apple	Mandarin Oranges	Pear	Orange	Kiwi	
		Orange Pineapple Juice	Apple Juice	Orange Juice		Orange Pineapple Juice	
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	25	26	27	28	29	30	31
Entree/Starch		**Sauce**	**Salisbury Steak & Mushroom Gravy**	**Sweet & Sour Chicken**	**Baked Breaded Fish**	**Arroz Con Pollo**	
			Roasted Sweet Potato	**White Rice**	**Peas & Pearl Onions**		
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Broccoli**	**Cauliflower**	**Broccoli**	**Carrots**	**Green Beans**	
		Green Beans				**Zucchini**	
Fruit/Juice		Apple	Pear	Orange	Peaches	Kiwi	
		Orange Juice	Apple Juice	Orange Pineapple Juice			
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	

August 2021

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

September 2021

To Be Prepared On The Same Day As Delivery	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FROZEN 5	6	7	8	9	10	FROZEN 11
Entree/Starch		**Sauce**	**Salisbury Steak & Mushroom Gravy**	**Sweet & Sour Chicken**	**Baked Breaded Fish**	**Arroz Con Pollo**	
			Roasted Sweet Potato	**White Rice**	**Peas & Pearl Onions**		
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Broccoli**	**Cauliflower**	**Broccoli**	**Carrots**	**Green Beans**	
		Green Beans				**Zucchini**	
Fruit/Juice		Apple	Orange	Mandarin Oranges	Kiwi	Mandarin Oranges	
			Apple Juice	Pear			
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	12	13	14	15	16	17	18
Entree/Starch		**Macaroni & Cheese**	**Teriyaki Chicken**	**Creamy Beef & Mushroom Sauce**	**Baked Fish with Creole Sauce**	**Chicken Parmesan with Pasta &**	
			White Rice	**with Egg Noodles**	**Yellow Rice**	**Marinara Sauce**	
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Broccoli with Red Peppers**	**Spinach**	**Carrots**	**Collard Greens**	**Broccoli**	
		Zucchini		**Green Beans**		**Cauliflower**	
Fruit/Juice		Apple	Pear	Pineapple	Peaches	Orange	
		Orange Pineapple Juice	Orange Juice	Apple Juice			
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	19	20	21	22	23	24	25
Entree/Starch		**Beef Meatballs with Pasta &**	**Roast Pork Loin with Mojo Sauce**	**Meatloaf with Mushroom Gravy**	**Sweet Potato Coconut Curry Fish**	**Vegetable Baked Ziti**	
		Marinara Sauce	**Egg Barley with Mushrooms**	**Smashed Red Potatoes**	**Brown Rice**		
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Broccoli**	**Carrots**	**Kale with Lemon**	**Broccoli**	**Zucchini**	
		Green Beans				**Green Beans**	
Fruit/Juice		Apple	Orange	Mandarin Oranges	Kiwi	Mandarin Oranges	
			Apple Juice	Pear			
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	26	27	28	29	30	1	2
Entree/Starch		**Honey Mustard Chicken Breast**	**Rotini with Meat Sauce**	**Coconut Curry Chicken Breast**	**Teriyaki Baked Fish**	**Spanish Style Chicken**	
		Esquites		**Couscous**	**White Rice**	**Roasted Plantains**	
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Vegetables		**Green Beans**	**Zucchini**	**Cauliflower**	**Spinach**	**Green Beans**	
			Broccoli				
Fruit/Juice		Orange	Apple	Pear	Strawberry Applesauce	Mandarin Oranges	
		Apple Juice	Orange Juice	Orange Pineapple Juice	Orange Juice	Apple Juice	
Milk		Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	Milk, 1%	
Condiments		Margarine	Margarine	Margarine	Margarine	Margarine	
	3						
Entree/Starch							
Vegetables		**Fall Menu**	**Fall Menu**	**Fall Menu**	**Fall Menu**	**Fall Menu**	**Fall Menu**
Fruit/Juice							
Milk							
Condiments							