



# JULY 2017 - Senior Choice menu



	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
BOX	<b>JULY 4th CELEBRATION</b>				
LUNCH	<b>Hamburger</b> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup	<b>Closed</b> 	<b>Chili w/Spaghetti</b> Vegetable Medley (2 servings) Cheddar Cheese unsalted Saltine Crackers (2 pk) Fresh Orange	<b>Baked Chicken w/ Gravy</b> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce	<b>Meatloaf w/ Gravy -</b> Mashed Potatoes Carrots Wheat Bread / Margarine Orange Juice 100% Sponge Cake
WEEK	Diet: same		Diet: same	Diet: same	Diet: same
1	<b>Compliment Your Mirror Day</b>		<b>Work-a-holic Day</b>	<b>International Kissing Day</b>	
BOX	10	11	12	13	14
LUNCH	<b>Stuffed Cabbage Roll w/Marinara</b> Peas & Onions sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams	<b>Chicken and Brown Rice w/ Gravy</b> Broccoli diced Carrots Wheat Bread / Margarine Pears	<b>Ham Sandwich</b> 3 Bean Salad Coleslaw White Bread Fresh Orange Mustard (for ham only)	<b>BBQ Beef</b> Peas & Onions Peach "Cobbler" Cole Slaw Bun	<b>Country Fried Steak w/Gravy</b> Potato Wedges Green Beans Wheat Bread (2 slices) / Margarine Mandarin Oranges
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
2	<b>Teddy Bear Picnic Day</b>			<b>Barbershop Music Appreciation Day - 2005</b>	<b>Bastille Day - 1789</b>
BOX	17	18	19	20	21
LUNCH	<b>Chicken &amp; Potato Casserole with tater tots</b> Broccoli (2 servings) Wheat Bread (2 slices) / Margarine Peaches	<b>Cheese Pizza</b> Peas & Onions Carrot Coins Apple Juice 100% Chocolate Chip Cookie	<b>Lemon Pepper Fish w/ Tartar Sauce</b> Brown Rice Scandinavian Veggie Blend (2 servings) Wheat Bread / Margarine Fruit Cocktail	<b>Pineapple Ham Steak</b> Whipped Sweet Potatoes Peas Wheat Bread (2 pc) / Margarine Applesauce	<b>Pork Cutlet w/ Gravy</b> Green Beans Beets Dinner Roll / Margarine Cranberry Juice Angel Food Cake
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
3	<b>Global Hug Your Kids Day - 1998</b>			<b>Ugly Truck Day</b>	<b>HAPPY JULY BIRTHDAY!</b>
BOX	24	25	26	27	28
LUNCH	<b>Rosemary Chicken</b> Red Skin Potatoes Vegetable Medley Wheat Bread (2 pc) / Margarine Applesauce	<b>Swiss Steak</b> w/ Peppers / Onions / Cheese Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears	<b>Summer Salad</b> w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret, Saltine Crackers & Ranch Dressing Pineapple Orange Juice 100% Animal Cookies	<b>Roast Turkey w/Gravy</b> Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Grape Juice 100% Chocolate Elf Grahams	<b>Spaghetti &amp; Meatballs w/ Marinara</b> Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
4	<b>Amelia Earhart Day - 1897</b>	<b>Thread the Needle Day</b>		<b>Take Your Pants for a Walk Day</b>	<b>System Administrator Appreciation Day</b>
BOX	31				
LUNCH	<b>Hamburger</b> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)	accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race,color,national origin, sex, age, or disability.(Not all prohibited bases apply to all programs) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building,1400 Independence Ave, S.W. Washington,D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer.	<b>Did you know?</b> The Declaration of Independence was not signed by all representatives until August, 1776. To make it official, John Hancock, President of the Continental Congress signed it. Now, can anyone guess where the saying "put your John Hancock on it" came from!?!	<b>July is.....</b> <b>National Anti-Boredom Month</b> <b>National Cell Phone Courtesy Month</b> <b>National Picnic Month</b>
WEEK	Diet: same				
5	<b>Mutt's Day</b>				