


**NATIONAL
MINORITY
MENTAL
HEALTH
AWARENESS
MONTH**



**Disability
Pride Month**

JULY MENU - Food Runners Collaborative

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/1 & 7/29	7/2 & 7/30	7/3 & 7/31	7/4	7/5
Beef Meatloaf w/ Gravy; O'Brien Potatoes; Creamed Spinach; Dinner Roll; Orange, Grape Juice	Chicken & Broccoli Casserole; Okra & Tomatoes; Cinnamon Apples; Sourdough; Banana	Chicken Leg w/ Zucchini; Sweet Potatoes; Fresh Fruit; Wheat Roll		Chicken Cacciatore; Broccoli & Cheese; Lentils w/ Spinach; Cranberry Juice; Wheat Bread
7/8	7/9	7/10	7/11	7/12
Brunswick Stew w/ Pulled Pork & Chicken w/ Brown Rice; Broccoli & Cauliflower; Fresh Fruit; Sourdough	Chicken Parmesan w/ Parsley Noodles; Brussels Sprouts; Banana; Wheat Bread; Apple Juice	BBQ Pork Riblet w/ Bun; Mashed Potatoes; Green Beans w/ Red Peppers; Cranberry Juice; Apple	Salisbury Steak w/ Gravy & Scalloped Potatoes; Capri Vegetables; Fresh Fruit; Texas Toast	Beef & Cabbage Casserole; Green Beans; Mashed Potatoes; Corn Bread; Orange
7/15	7/16	7/17	7/18	7/19
Beef Lasagna Casserole; Peas & Carrots; Creamed Spinach; Orange; Wheat Bread; Grape Juice	BBQ Pork w/ Bun & Vinegar; BBQ Beans; Turnip Greens; Watermelon	Beef Pot Pie; Zucchini; Brown Rice; Dinner Roll; Orange	Jambalaya w/ Beef Sausage & Chicken w/ Vegetable Medley; Red Beans & Rice; Banana; Wheat Bread	Chicken Leg w/ Green Beans; Sweet Potatoes; Pear; Dinner Roll; Orange Juice
7/22	7/23	7/24	7/25	7/26
Chicken & Brown Rice; Spinach; Cauliflower w/ Red Peppers; Dinner Roll; Orange; Apple Juice	Beef & Broccoli; Ginger Carrots; Fruit Compote; Sourdough; Fortune Cookie; Orange Juice	Spaghetti w/ Ground Beef Marinara; Apple Crisp; Italian Vegetables; Garlic Bread; Fresh Fruit	Chicken Piccata w/ Zucchini & Onions; Navy Beans; Orange; Wheat Roll; Cranberry Juice	Beef Hamburger w/ Bun & Mustard; Lima Beans; Spinach; Orange; Grape Juice

ALL MEALS ARE SERVED WITH 2% MILK

You MUST reserve your meal in the kiosk or w/ the site manager