


**NATIONAL  
MINORITY  
MENTAL  
HEALTH  
AWARENESS  
MONTH**



**Disability  
Pride Month**

**JULY MENU - Food Runners Collaborative**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>7/1 &amp; 7/29</b>	<b>7/2 &amp; 7/30</b>	<b>7/3 &amp; 7/31</b>	<b>7/4</b>	<b>7/5</b>
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
<b>7/8</b>	<b>7/9</b>	<b>7/10</b>	<b>7/11</b>	<b>7/12</b>
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
<b>7/15</b>	<b>7/16</b>	<b>7/17</b>	<b>7/18</b>	<b>7/19</b>
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
<b>7/22</b>	<b>7/23</b>	<b>7/24</b>	<b>7/25</b>	<b>7/26</b>
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**