



JULY

MEADOWBROOK LUNCH




Monday

Tuesday

Wednesday

Thursday

Friday

				1
DAILY CHOICE OF: FAT FREE SKIM CHOCOLATE, 1% UNFLAVORED OR SKIM MILK. VARIETY OF FRUIT JUICE, FRESH FRUIT AND FRUIT CUP.				
	5	6	7	8
11	12 WORKDAY	13 WORKDAY	14 CHICKEN RINGS OR HAMBURGER Lettuce and Tomato Waffle Fries Broccoli Spears Yeast Roll Frozen Fruit Bar	15 STUFFED CRUST PIZZA OR FISH FILLET W/ TARTAR SAUCE Tater Tots Green Beans Watermelon Slices
18 RAVIOLI W/GARDEN SALAD AND BREADSTICK OR CHEESEBURGER Lettuce and Tomato Green Peas Pear Halves	19 BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes and Syrup Tater Tots Applesauce	20 ASIAN CHICKEN W/ BROCCOLI AND RICE FORTUNE COOKIE OR RIB-B-Q Straight Cut Fries Pineapple Tidbits	21 SLOPPY JO OR HOT DOG W/CHILI Cole Slaw Baked Beans Corn on the Cob Sherbet Cup	22 STOP LIGHT PEPPERONI PIZZA OR FRUIT AND YOGURT PLATE WITH GRAHAM CRACKERS Garden Salad Fresh Strawberries
25 ROASTED CHICKEN w/ YEAST ROLL OR HAMBURGER Lettuce and Tomato Green Beans Mashed Potatoes w/Gravy Peach Slices	26 CHICKEN RINGS W/ ROLL OR MINI CORN DOGS Broccoli Spears Tater Tots Mixed Fruit Cocktail	27 BAKED ZITI W/GARDEN SALAD AND BREADSTICK OR TURKEY AND CHEESE SUB Lettuce and Tomato Normandy Blend Pear Halves	28 MINI CHICKEN TACO'S OR BEEF TACO 'S Lettuce and Tomato Salsa, Sour Cream Cheese Refried Beans Mexican Rice Pineapples	29 CHEESE PIZZA OR FISH TREASURES Garden Salad Baked Potato Cole Slaw Fresh Fruit

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”