

2019

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Week A	01 Chicken Teriyaki Buttered Brussel Sprouts Fried Rice Diced Peaches	02 Swedish Meatballs Buttered Yellow Squash Buttered Egg Noodles Fresh Strawberries	03 Roasted Pork Loin with BBQ Sauce Black-eyed Peas Seasoned Collard Greens	04 SHELF STABLE - HOLIDAY	05 Scrambled Eggs Low Sodium Sausage Fried Potato Cubes with Sautéed Peppers & Onions Cinnamon Baked Apple	06
07 Week B	08 Country Pork Chop Seasoned Broccoli Brown Rice Mandarin Oranges	09 Chili Con Carne Carrot Coins Sour Cream Cantaloupe Cubes	10 Baked Chicken Breast with Mushroom Gravy Herb Boiled Potatoes Buttered Lima Beans Fresh Apple Slices	11 Lasagna Italian Flat Beans Fresh Sliced Orange	12 Baked Lemon Pepper Fish Herb Buttered Green Peas Cheesy Mashed Potatoes Fresh Melon Cup	13
14 Week C	15 Baked Ranch Chicken Sweet Potato Fries Club Spinach Cantaloupe Cubes	16 Honey BBQ Pork on Whole Wheat Bun Seasoned Pinto Beans Steamed Broccoli Fresh Apple Slices	17 Turkey Tetrazzini with Noodles Corn O'Brien Fresh Orange Slices	18 Savory Marinated Beef Seasoned Rice Okra with Tomatoes Pear Strawberry Cup	19 Chicken Parmesan Buttered Yellow Squash Mustard Greens Fresh Melon Cup	20
21 Week D	22 Herb Baked Fish Northern Beans Winter Vegetable Mix Fresh Strawberries	23 Dijon Honey Chicken Breast Garlic Mashed Potatoes Seasoned Turnip Greens Diced Peaches	24 Beef Pepper Steak Red Bliss Potatoes Green Beans Fresh Melon Cup	25 Roast Pork Brown Rice Buttered Tomatoes Mandarin Oranges	26 Country Fried Steak with Brown Gravy Whipped Sweet Potatoes Zucchini with Bell Peppers Cantaloupe Cubes	27
28 Week A	29 Chicken Teriyaki Buttered Brussel Sprouts Fried Rice Diced Peaches	30 Swedish Meatballs Buttered Yellow Squash Buttered Egg Noodles Fresh Strawberries	31 Roasted Pork Loin with BBQ Sauce Black-eyed Peas Seasoned Collard Greens	01	02	03

2019

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Week A	29	30	31	01 Hamburger Steak with Onions and Gravy Candied Sweet Potatoes Buttered Corn Fresh Sliced Oranges	02 Scrambled Eggs Low Sodium Sausage Fried Potato Cubes with Sautéed Peppers & Onions Cinnamon Baked Apple Slices	03
04 Week B	05 Country Pork Chop Seasoned Broccoli Brown Rice Mandarin Oranges	06 Chili Con Carne Carrot Coins Sour Cream Cantaloupe Cubes	07 Baked Chicken Breast with Mushroom Gravy Herb Boiled Potatoes Buttered Lima Beans Fresh Apple Slices	08 Lasagna Italian Flat Beans Fresh Sliced Orange	09 Baked Lemon Pepper Fish Herb Buttered Green Peas Cheesy Mashed Potatoes Fresh Melon Cup	10
11 Week C	12 Baked Ranch Chicken Sweet Potato Fries Club Spinach Cantaloupe Cubes	13 Honey BBQ Pork on Whole Wheat Bun Seasoned Pinto Beans Steamed Broccoli Fresh Apple Slices	14 Turkey Tetrazzini with Noodles Corn O'Brien Fresh Orange Slices	15 Savory Marinated Beef Seasoned Rice Okra with Tomatoes Pear Strawberry Cup	16 Chicken Parmesan Buttered Yellow Squash Mustard Greens Fresh Melon Cup	17
18 Week D	19 Herb Baked Fish Northern Beans Winter Vegetable Mix Fresh Strawberries	20 Dijon Honey Chicken Breast Garlic Mashed Potatoes Seasoned Turnip Greens	21 Beef Pepper Steak Red Bliss Potatoes Green Beans Fresh Melon Cup	22 Roast Pork Brown Rice Buttered Tomatoes Mandarin Oranges	23 Country Fried Steak with Brown Gravy Whipped Sweet Potatoes Zucchini with Bell Peppers Cantaloupe Cubes	24
25 Week A	26 Chicken Teriyaki Buttered Brussel Sprouts Fried Rice Diced Peaches	27 Swedish Meatballs Buttered Yellow Squash Buttered Egg Noodles Fresh Strawberries	28 Roasted Pork Loin with BBQ Sauce Black-eyed Peas Seasoned Collard Greens Fresh Melon Cup	29 Hamburger Steak with Onions and Gravy Candied Sweet Potatoes Buttered Corn Fresh Sliced Oranges	30 Scrambled Eggs Low Sodium Sausage Fried Potato Cubes with Sautéed Peppers & Onions Cinnamon Baked Apple Slices	31

2019

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 Week B	02 SHELF STABLE - HOLIDAY	03 Chili Con Carne Carrot Coins Sour Cream Cantaloupe Cubes	04 Baked Chicken Breast with Mushroom Gravy Herb Boiled Potatoes Buttered Lima Beans Fresh Apple Slices	05 Lasagna Italian Flat Beans Fresh Sliced Orange	06 Baked Lemon Pepper Fish Herb Buttered Green Peas Cheesy Mashed Potatoes Fresh Melon Cup	07
08 Week C	09 Baked Ranch Chicken Sweet Potato Fries Club Spinach Cantaloupe Cubes	10 Honey BBQ Pork on Whole Wheat Bun Seasoned Pinto Beans Steamed Broccoli Fresh Apple Slices	11 Turkey Tetrizzini with Noodles Corn O'Brien Fresh Orange Slices	12 Savory Marinated Beef Seasoned Rice Okra with Tomatoes Pear Strawberry Cup	13 Chicken Parmesan Buttered Yellow Squash Mustard Greens Fresh Melon Cup	14
15 Week D	16 Herb Baked Fish Northern Beans Winter Vegetable Mix Fresh Strawberries	17 Dijon Honey Chicken Breast Garlic Mashed Potatoes Seasoned Turnip Greens Diced Peaches	18 Beef Pepper Steak Red Bliss Potatoes Green Beans Fresh Melon Cup	19 Roast Pork Brown Rice Buttered Tomatoes Mandarin Oranges	20 Country Fried Steak with Brown Gravy Whipped Sweet Potatoes Zucchini with Bell Peppers Cantaloupe Cubes	21
22 Week A	23 Chicken Teriyaki Buttered Brussel Sprouts Fried Rice Diced Peaches	24 Swedish Meatballs Buttered Yellow Squash Buttered Egg Noodles Fresh Strawberries	25 Roasted Pork Loin with BBQ Sauce Black-eyed Peas Seasoned Collard Greens Fresh Melon Cup	26 Hamburger Steak with Onions and Gravy Candied Sweet Potatoes Buttered Corn Fresh Sliced Oranges	27 Scrambled Eggs Low Sodium Sausage Fried Potato Cubes with Sautéed Peppers & Onions Cinnamon Baked Apple Slices	28
29 Week B	30 Country Pork Chop Seasoned Broccoli Brown Rice Mandarin Oranges	01	02	03	04	05