\*menu subject to change



## HBF County

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Cabbage Roll w/ 2oz Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	2 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	3 Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	B Happy 4th of July! 4	5 Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple
8 4oz BBQ Pulled Pork Sandwich 1/2c Hawaiian Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie	9 Baked Beef Ravioli (6) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Seasonal Fresh Fruit	10 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake
15 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding	16 Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	17 Glazed Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	7 18 Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp	19 4oz Tuna Salad Sandwich w/lettuce & tomato 1c Tomato Soup 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit
22 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	23 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit	24 Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp	Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	26 4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit
29 Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread Fresh Fruit	30 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Cottage Cheese & Peaches *menu subject to change	31 Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Roasted Brussels Sprouts 1 Wheat Bread 1/2c Mandarin Oranges		The Nutrition Group