






July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sausage Pizza Bake 28g 1 Lettuce Salad With Ranch 2g Apple 19g Bread Stick 15g 	Sloppy joe 8g 2 WW Bun 21g Peas and Carrots 11g Diced Potatoes 17g Banana 31g	Closed For the 4 th of July 3
Pulled Pork 6 WW Bun 21g Green Beans 6g Copper Penny Salad 17g Apple 19g Bread Pudding 17g 	Sweet & Sour 7 Chicken 18g Brown Rice 25g Mixed Veggies 13g Craisins 24g Fortune Cookie 7g	Chef Salad 9g 8 With Ranch 2g Baby Potatoes 37g Banana 31g WW Dinner Roll 14g	Turkey w/Gravy 9g 9 Mashed Potatoes 21g Peas 12g Orange 25g WW Dinner Roll 14g	Egg Salad Sand. 10 WW Bun 21g Tom. & Zucchini Salad 9g Carrots 7g Grape Juice 17g Choc. Chip Cookie 26g
Chicken Tetrizzini 22g 13 Scandinavian Veggies 15g Mixed Fruit 16g Bread Stick 15g Sugar Cookie 23g	Turkey Sandwich 14 Wheat Bread 23g Broccoli 5g Carrots 7g Apple 19g Rice Krispy Treat 17g	Tilapia 15 Bahama Veggies 7g Coleslaw 11g Orange 25g WW Roll 14g Birthday Cake 29g	Meatloaf 6g 16 Mashed Potatoes 21g Green Beans 6g Banana 31g WW Dinner Roll 14g	Chicken Supreme 12g 17 Corn 19g Lettuce w/Italian 2g Raisins 23g WW Dinner Roll 14g
Pork Ham Slice 1g 20 Scalloped Potatoes 25g Mixed Veggies 13g  Wheat Bread 12g Cin. Applesauce 17g 	Italian Chicken 2g 19 Cooked Cabbage 5g Diced Potatoes 20g Orange 25g WW Dinner Roll 14g	Cali Burger 5g 20 WW Bun 21g Lettuce/Tom./Onion 5g Baked Beans 24g  Banana 31g Oat. Raisin Cookie 25g	Roasted Pork Loin 17g 21 Mashed Potatoes 21g Peas 12g Apple 19g WW Dinner Roll 14g	Chicken Fajita 9g 22 WW Tortilla 19g Fajita Veggies 5g Mexicali Corn 15g Craisins 24g Snickerdoodle 30g
Chicken Alfredo 13g 27 Broccoli 5g Orange 25g Bread Stick 15g Pumpkin Bar 16g	Pork Bratwurst 2g 28 WW Bun 21g Pinto Beans 24g  Lettuce w/Rance 2g  Banana 31g	Meatballs in Gravy 3g 29 Brown Rice 25g Pea Salad 18g Apple 19g Choc. Chip Cookie 26g	Shredded Chicken 30 WW Bun 21g Duchess Potatoes 32g Marinated Cucumbers 6g Raisins 23g	Tuna Salad w/Lettuce 31 2 WW Crackers 10g Peas & Carrots 11g Applesauce 15g Rice Krispy Treat 17g

All meals include skim milk 12g and margarine. Chocolate skim milk 25g is served on Fridays. The number following the food item is the amount in grams of carbohydrates the food item contains. Salt shaker icon indicates a high sodium day.  Pig icon indicates the meal contains pork.

Dietitian Signature *Melanie Wirth MBA, RDN, LD*

Iowa License Number 002127