



PREPARED BY BOARD



July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Frank Baked Chicken & Gravy Pork Eggrolls	3 Macaroni & Cheese Teriyaki Chicken Meatloaf Baked Potato w/ Mushroom Chili	4 Holiday	5 Ground Beef Soft Taco Mushroom Chicken Sweet & Sour Spare Ribs Red Thai Curry w/ Tofu	6 Turkey Ala King Rotisserie Chicken Steak Fresh Catch w/ Lemon Butter Caper
9 BBQ Meatballs Herb Baked Chicken Chicken Fried Steak	10 Shepherd's Pie Chicken Fajita Carne Asada Vegetarian Burrito	11 Grilled Cheese w/ Tomato Bisque Grilled Lemongrass Chicken Herb Crusted Roast Beef	12 BBQ Chicken Pizza Chicken Katsu Japanese Beef Curry Japanese Tofu Curry	13 Beef Ravioli Ginger Chicken Steak Grilled Fish Taco w/ Mango Salsa
16 Hamburger Steak Ranch Style Chicken Teriyaki Beef	17 Tuna Melt Korean Sesame Chicken Roast Pork w/ Gravy Vegetarian Eggrolls	18 Teriyaki Chicken on Soba Salad Grilled Chicken Parmesan Beef Stew	19 Ground Turkey Stroganoff Grilled Southwestern Chicken Misoyaki Pork Teriyaki Tofu , Quinoa & Pineapple	20 Fish Sandwich BBQ Chicken Steak Crab Stuffed Fresh Catch
23	24	25	26	27
30	31	<p>Type A Meal Includes: Salad Bar Choice of Milk, Chocolate Milk, OJ, Pog</p> <p>Mindful Meal that is satisfying flavorful & healthy Entrée's w/ <600 KCAL</p> <p>Plate Lunch Prices Bowl \$5.00 Beef Bowl \$5.25 Plate lunch \$7.25 Mixed Plate \$8.00 Steak Mixed Plate \$8.75</p>		