



JULY



2018

King Ranch Casserole White Rice Sauteed Spinach Tortilla *2% Milk Quart* Diced Peaches Calories: 747 Carbs: 72g Fat: 21g Protein: 21g	Cheeseburger Tater Tots Baked Beans Fresh Banana Calories: 768 Carbs: 87g Fat: 11.5g Protein: 38g Sodium: 748mg	 Happy 4th of July! Utilitize your Shelf Stable Meal!	Salisbury Steak Steamed Green Beans Mashed Potatoes Graham Cracker Calories: 527 Carbs: 51g Fat: 24g Protein: 40g Sodium: 660mg	Rigatoni Turkey Salad Macaroni Salad Carrot Pineapple Salad Wheat Bread Peaches Calories: 636 Carbs: 72g Fat: 9.4g Protein: 22g Sodium: 730mg
2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
Chicken Spaghetti Sauteed Green Beans Garden Salad Garlic Breadstick Strawberry Jell-O Calories: 822 Carbs: 86g Fat: 12.5g Protein: 34g Sodium: 695mg *2% Milk Quart*	Taco Casserole Refried Beans Sauteed Yellow Squash Cornbread Fruit Salad Calories: 902 Carbs: 96g Fat: 24g Protein: 47g Sodium: 890mg	Oven Fried Chicken California Blend Vegetables Macaroni and Cheese Strawberry Shortcake Calories: 626 Carbs: 88g Fat: 12.5g Protein: 35g Sodium: 1,001mg	Tuna Salad with Tomato Wedges Pasta Salad Marinated Cucumber Salad Wheat Crackers Chocolate Pudding Calories: 665 Carbs: 74g Fat: 9.8g Protein: 21g Sodium: 594mg	Cheese Enchilidas w/ Enchilida Sauce Spanish Rice Pinto Beans Mexican Corn Bread Oreo Cookies Calories: 710 Carbs: 82g Fat: 8.8g Protein: 38g Sodium: 716mg
9-Jul	10-Jul	11-Jul	9-May	13-Jul
Vegetable Lasgna Tuscany Blend Vegetables Mashed Potatoes Fruit Salad *2% Milk Quart* Calories: 590 Carbs: 88g Fat: 17g Protein: 37g Sodium: 790mg	Chicken Salad Carrot and Raisin Salad Marinated Vegetable Salad Wheat Crackers Apple Calories: 662 Carbs: 80g Fat: 12.5g Protein: 33g Sodium: 828mg	Beef and Vegetable Stir Fry White Rice Steamed Broccoli Orange Calories: 562 Carbs: 90.03g Fat: 8.8g Protein: 38g Sodium: 989mg	Taco Salad Steamed Corn Pinto Beans Graham Cracker Calories: 663 Carbs: 94g Fat: 15g Protein: 38g Sodium: 927mg	Turkey Sandwich Bag of Baked Lays Tomato Salad Cole Slaw Wheat Bread Yogurt Calories: 603 Carbs: 81g Fat: 21g Protein: 48g Sodium: 1103mg
16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
Meatloaf California Blend Vegetables Mashed Potatoes Apple *2% Milk Quart* Calories: 720 Carbs: 81g Fat: 28g Protein: 33g Sodium: 955mg	Baked Four Cheese Ziti Zucchini Green Beans Fruit Salad Breadstick Calories: 670 Carbs: 96g Fat: 12.5g Protein: 21g Sodium: 1,0001mg	Barbecue Boneless Chicken Thighs Macaroni and Cheese Potato Salad Cornbread Pineapple Cup Calories: 737 Carbs: 82g Fat: 18g Protein: 22g Sodium: 836mg	Chicken Caesar Salad Pasta Salad Marinated Italian Salad Garlic Breadstick Fresh Orange Calories: 595 Carbs: 80g Fat: 11.5g Protein: 30g	Cheeseburger Macaroni Carrots Broccoli Wheat Roll Applesauce Calories: 668 Carbs: 79g Fat: 12g Protein: 38g Sodium: 738mg
20-May	24-Jul	25-Jul	26-Jul	27-Jul
Chicken Fajitas w/ Onions & Peppers White Rice Steamed Corn Apple *2% Milk Quart* Calories: 720 Carbs: 72g Fat: 13.5 Protein: 38g Sodium: 725mg	Chili Black Beans Cornbread Yogurt Calories: 660 Carbs: 76g Fat: 19.5g Protein: 35g Sodium: 989mg	<p style="text-align: center;">Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996</p>	<p style="text-align: center;">***IMPORTANT*** Milk quarts will be delivered once a week. Try drinking one serving of the quart with lunch each day</p>	
30-Jul	31-Jul			