

## Friendship Circle Menu July 2022


**Monday/To-Go**

**Tuesday/In-house**

**Wednesday/In-house**

**Thursday/To-Go**

**Friday/To-Go**

				1
				Early Dismissal/No Meals
4	5	6	7	8
 <p style="color: red;">Closed/No Meals</p>	4 oz Chicken Parmesan *½ c. wheat pasta 1 c. Tossed Salad w/ lite dressing ½ c steamed broccoli *1 bread stick * 1 banana *8 oz 2% milk 1 pc Margarine	3 oz Salisbury Steak *½ c. parsley noodles ½ c steamed carrots *1 slice whole wheat bread *½c mixed fruit cup 1 pc margarine *4oz cranberry juice *8 oz 2% milk	3 oz Chicken Salad Sandwich on *Whole Wheat Bun w/ lettuce and tomato slices *½ c. potato salad 1 pc mayonnaise *½ c mandarin oranges *8 oz 2% milk	**Tuna Hoagie (3 oz tuna with shredded lettuce and tomato slices Tossed salad w/ lite dressing 1 mayo packet *1 fresh apple *8 oz 2% milk
11	12	13	14	15
Spaghetti and Meatballs (*½ c spaghetti, ½ sauce, 3-1oz meatballs) Tossed salad w/ lite dressing ½ c. green beans *1 whole wheat dinner roll ½ c diced peaches *8 oz 2% milk 1 pc margarine	Hot Turkey Sandwich w/ gravy (3oz turkey/*1 slice bread) *½ cup mashed potatoes ½ cup steamed carrots 1 pc margarine *½ c diced pears *8 oz 2% milk *4 oz cranberry juice	3 oz BBQ Chicken *½ c. baked beans ½ c. cole slaw *1 whole wheat dinner roll 1 pc margarine *1 wedge sliced watermelon *8 oz 2% milk	(2) **Beef Tacos with (2 oz beef & 2 oz cheese) shredded lettuce and tomato Salsa and Sour cream *½c brown rice and red beans *½c mixed fruit cup *8 oz 2% milk	**1 cup Macaroni & Cheese ½ c stewed tomatoes ½ cup green beans 1 pc margarine *1 fresh apple *8 oz 2% milk
18	19	20	21	22
3 oz Hamburger on **Whole Wheat Bun Slices of Lettuce, Tomato and Onion 1 Pkt Ketchup ½ c *potato salad 1 fresh orange *8 oz 2% Milk	Chicken Stir Fry (3 oz chicken 1 c. vegetables) *½ c brown rice *1 slice wheat bread 1 pc margarine *½ c mandarin orange slices *8 oz 2% milk	Sloppy Joe sandwich on **Bun ½c steamed carrots *½ c diced pears 1 pc margarine *4 oz cranberry juice *8 oz 2% milk	3 *Baked Chicken Tenders *½ c mashed potatoes ½ c zucchini *1 Banana 1 whole wheat dinner roll 1 pc margarine 1 pkt honey mustard sauce *8 oz 2% milk	Fish sandwich on a *Bun Lettuce & tomato slices 1 pkt tartar sauce *½ c tater tots ½ c. cole slaw ½ c mixed fruit cup *8 oz 2% milk
25	26	27	28	29
*Stuffed Chicken Breast (3 oz chicken, 1/3 cup stuffing) ½ c steamed carrots * ½ c. apple sauce 1* whole wheat dinner roll 1 pc margarine *8 oz 2% milk 4 oz * cranberry juice	Open Faced Turkey (3 oz turkey, *1 slice bread) ½ c mashed potatoes ½ c zucchini *1 Fresh Orange 1 pc margarine *8 oz 2% milk	(3 each) * Baked Manicotti ½ c. green beans Tossed Salad w/ lite dressing *1 garlic bread stick *1/2 c diced peaches 1 pc margarine *8 oz 2% milk	Philly Steak with Onions on **Whole Wheat Roll 1 pkt Ketchup *½ c mixed vegetables Tossed salad w/lite dressing *½ c mixed fruit cup 1 pc margarine *8 oz 2% milk	*Stuffed Green Peppers (½ c rice, 3oz ground meat) ½ c mashed potatoes Tossed salad w/lite dressing *1 slice wheat bread *1 fresh apple 1 pc margarine *8 oz 2% milk