



July 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vacation **03**
No meal services today.



PIZZA, **05**
Baby Carrots
Watermelon
Chunks

CHICKEN **06**
TENDER
SANDWICH
Celery Sticks
Fruit Smoothie,
Sidekick



10
DRUMSTICK, Mac-
n-cheese
Corn (1/4c)
ROLL, WW
Watermelon Chunks

11
BEAN BURRITO
Salsa
FRIES

ENCHILADAS, **12**
CHICKEN
Refried Beans
Fresh Apple Slices

BEEF PATTY **13**
w/Gravy
Potato Wedges
Roll, ww
Frozen Fruit Bar

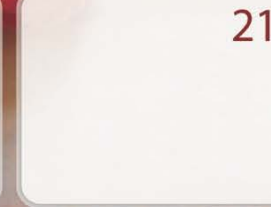


Nachos **17**
w/Ground Beef
Lettuce & tomato
Fruit Smoothie,
Sidekick

SPAGHETTI **18**
Cut Green Beans
Canned Fruit Mix

CHICKEN **19**
TENDERS
bbq for dipping
Mashed Potatoes
Gravy
Sliced Peaches

Hamburger **20**
Lettuce & Tomato
Fries
Frozen Fruit Bar

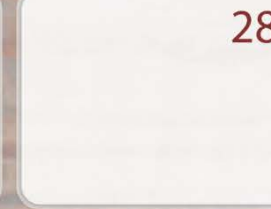


HAM & CHEESE **24**
Veggie Sticks
Applesauce Cup

TACOS **25**
Lettuce & tomato
Refried Beans
Fresh Oranges

PIZZA **26**
Baby Carrots
Watermelon
Chunks

CHICKEN **27**
TENDER
Sandwich
Celery Sticks
Fruit Smoothie,
Sidekick



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Join us for
Breakfast or lunch at
one of our Summer
Feeding sites.
Call 966-1714 for
more information!

InSeason! Blueberries

Blueberries are very low in calories. 100 g fresh berries carry just 57 calories. Nonetheless, they possess notable health benefiting plant-nutrients such as soluble dietary fiber, minerals, vitamins, and pigment anti-oxidants that contribute immensely towards optimum health and wellness.



St Mary's School 4:45-6:30 M-TH

1-18 years old EAT

FREE

All meals are served with choice of milk; 1% White Milk, or Fat Free Milk or Chocolate.

Menus are subject to change due to delivery shortages from our distributors.

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