

July Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm PEACHES 12gm CHOW MEIN NOODLES gm	2 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	3 4th of July CLOSED
6 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	7 CHICKEN CHEDDAR SALAD TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm	8 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIAN ORANGES 13gm WHOLE GRAIN BUN 47gm MAYO PACKET	9 HAM SALAD ON MIXED GREENS 14gm BROWN RICE AND PEA SALAD 16gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	10 CHICKEN SALAD ON LEAF LETTUCE CANTALOE SLICE 9gm ZUCCHINI SLAW 7gm PEACHES 12gm WHOLE WHEAT CRACKERS 35gm
13 CREAMY CRAB & DILL PASTA 27gm TROPICAL FRUIT 11gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	14 TURKEY TWIST PASTA 20GM RED FLAME GRAPES 14GM MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	15 SPICY CHICKEN WRAP 23gm MARINATED CUCUMBERS 2gm PEACHES 12gm	16 VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	17 ROAST BEEF & CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN 48gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm
20 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	21 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm PEACHES 12gm WHOLE GRAIN ROLL 35GM	22 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm MANDARIAN ORANGES 13gm CROUTONS 5gm	23 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm PEARS 9gm WHOLE GRAIN ROLL 35gm	24 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm
27 ZESTY BEEF PASTA SALAD 12gm APPLESAUCE 11gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	28 ASIAN SEAFOOD SALAD 10gm CARROT & RAISIN SLAW 7gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	29 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	30 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	31 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM