Midvale
July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 **4th OF JULY MEAL** **BBQ PULLED PORK** Wheat Bun Potato Salad Carrot Slaw Fresh Melon Salad Cookie	4 **CENTER CLOSED** 	5 **GRILLED SALMON** w/Lemon Caper Sauce Wild Rice Green Peas & Onions Seasonal Fruit Chocolate Oatmeal Bar	6 **TUNA SALAD** Deli Bun Lettuce & Tomato Mandarin Pineapple Salad	7 **GRILLED BRATS** on a Hotdog Bun Ranch Beans Cuke/Tom/Onion Salad Pineapple Nut Cookie
10 **CHICKEN SALAD SAND** on Wheat Bread Lettuce & Tomato Seasonal Fruit Lime Whip	11 **BIRTHDAY MEAL** **MEATLOAF** w/Gravy Whipped Potatoes Spinach & Egg Salad Cupcake Chocolate Milk Hot Bacon Drsg	12 **KRAB PATTY** w/Tartar Sauce Marinated Kidney Bean Salad Spinach Romaine Salad Wheat Crackers Seaonal Fruit	13 **CHICKEN FAJITA** Bell Peppers & Onions Mixed Vegetables Flour Tortilla Rice Pudding	14 **MIDVALE ANNIVERSARY** **MEAT LASAGNA** Garden Vegt Salad Breadstick Fresh Melon Banana Choc Chip Bar
17 **PORK SAUSAGE w/GRAVY** Biscuit Marinated Zucchini Salad Seasonal Fruit	18 **TURKEY SALAD SAND** on Wheat Bread Lettuce & Tomato Seasonal Fruit Hermit Bar	19 **GRILLED SALMON** Dijon Cream Sauce Delmonico Potatoes Cut Green Beans Seasonal Fruit	20 **BEEF ENCHILADA** Pinto Beans Lettuce & Tomato Seasonal Fruit	21 **GRILLED SAUSAGE** w/Green Peppers/Onions on a Hotdog Bun Seasonal Fruit Spinach Romaine Salad
24 **CENTER CLOSED** 	25 **ITALIAN MEATBALLS** Whole Grain Spaghetti Marinara Sauce Steamed Spinach Garden Vegt Salad Bread Stick	26 **KRAB PATTY** w/Tartar Sauce Citrus Bean Salad Mixed Green Salad Wheat Crackers Seasonal Fruit	27 **EGG SALAD SAND** on Multigrain Bread Cheese Slice Lettuce & Tomato Broccoli Raisin Salad Seasonal Fruit	28 **WESTERN MEAL** **CRISPY BAKED CHICKEN BREAST** Potato Salad Corn on the Cob Cheddar Biscuit Watermelon Cookie
31 **Turkey Pot Roast** Gravy Whipped Potatoes Broccoli Florets & Cuts Wheat Dinner Roll Seasonal Fruit	**Alternate Meal** **Week 1: Pork Rice Bowl,** brown rice, carrots, fajita vegt and pineapple **Week 2: Beef Noodle Bowl,** beef strips, lo mein noodles, broccoli **Week 3: Sesame Beef Rice Bowl,** beef strips, sesame seeds, zucchini, carrots, mushrooms **Week 4: Chicken Noodle Bowl,** chicken strips, lo mein noodles, pacific blend vegt **Week 5: Strawberry Salad with Tilapia**			