






# July MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Baked Ziti Steamed Broccoli Steamed Corn WG Breadstick	<b>2</b> Sliced Turkey & Swiss Cheese Hoagie Lettuce & Tomato Cucumbers Baby Carrots Mixed Fruit Cup	<b>3</b> Picadillo Black Beans Spanish Brown Rice WW Tortilla Picante Sauce Mixed Fruit Cup	<b>4</b> CENTER CLOSED 
<b>7</b> Stir Fry Chicken with Veggies Teriyaki Glaze Brown Rice Veggie Egg Roll Orange	<b>8</b> Hot Chicken Casserole Egg Noodles Peas & Carrots Spinach & Onions WG Breadstick	<b>9</b> Mushroom & Onion Burger Oven Baked Fries Capri Veggies Apple	<b>10</b> Grilled Chicken Breast Fajita Peppers Green Beans Yellow Squash Banana WW Roll	<b>11</b> Creole Meatloaf Broccoli & Cauliflower Mac & Cheese Mixed Fruit Cup WW Roll
<b>14</b> Chicken & Herb Gravy Mashed Potatoes Chopped Asparagus Banana	<b>15</b> Chicken Ranchero Black Beans Spanish Rice Diced Pear Cup WW Tortilla Picante Sauce	<b>16</b> Beef Penne WW Pasta Veggie Blend Steamed Broccoli WG Breadstick	<b>17</b> Pineapple & Mango Chicken Butternut Squash Seasoned Zucchini Apple WW Roll	<b>18</b> Chicken Pasta Salad Bell Peppers, Onions, Carrots, Tomato WG Rotini Orange
<b>21</b> Swedish Turkey Crumble Egg Noodles Chopped Greens Steamed Corn Diced Peach Cup	<b>22</b> Cheese Ravioli Spaghetti Sauce Black-Eyed Peas Green Beans Banana WW Roll	<b>23</b> Beef Stir-Fry with Veggies Brown Rice Asian Veggies Fortune Cookie Orange	<b>24</b> Rosemary Chicken Mac & Cheese Veggie Blend Cantaloupe Cup WW Roll	<b>25</b> Chicken Fajitas Brown Rice Black Beans Orange WW Tortilla
<b>28</b> King Ranch Chicken Red Potatoes w/Dill Steamed Carrots Mango & Papaya Cup WW Roll	<b>29</b> Chicken Spinach Salad Diced Tomatoes & Cucumber Shredded Carrots Croutons Ranch Dressing	<b>30</b> Carne Guisada Black Beans Brown Rice WW Tortilla Orange Picante Sauce	<b>31</b> Shepherd's Pie Green Beans Seasoned Cauliflower WW Roll Banana	

Menus are subject to change based on product availability.