



Good For Your Health Menus



Summer

July 15 - 21, 2019

Week 2

MONDAY July 15	TUESDAY July 16	WEDNESDAY July 17	THURSDAY July 18	FRIDAY July 19	SATURDAY July 20	SUNDAY July 21
Scrambled Egg Bran Muffin Corn Flakes Blended Juice	Pancake with Warm Syrup Breakfast Meat Oatmeal Orange Juice	Bacon and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Baked Vegetable Omelet Hash Browns Oatmeal Apple Juice	French Toast with Warm Syrup Breakfast Meat Toasted Oats Grape Juice	Fried Egg Buttered Wheat Toast Oatmeal Blended Juice	Donut, ¹ Broccoli Cheese Egg Scramble Raisin Bran Cereal Orange Juice
Fishwich Sandwich on a Bun Texas Fries Cucumber Onion Salad Mandarin Oranges & Pineapple Fruit Mix	Pork Carnitas Arroz Verde (Green Rice) Mexican Corn Corn Tortilla Fresh Fruit Cup	Country Vegetable & Bean Soup Chef's Salad Wheat Roll Whipped Gelatin	Mediterranean Chicken Italian Green Salad Wheat Roll Pear Crisp	Split Pea Soup Creamy Egg Salad Sandwich Tossed Green Salad Cinnamon Peaches with Whipped Topping	Chinese Noodle Soup Hoisin Chicken Stir-Fry Fluffy Brown Rice Oriental Green Salad with Asian Dressing Fresh Fruit Cup	Pork Ragout Over Polenta Lemon Basil Green Beans Garlic Bread Fruit Ambrosia
Old Fashioned Meatloaf with Gravy Herb Mashed Potatoes Seasoned Fresh Vegetables Biscuit Ice Cream	Chicken Marsala Diced Fried Potatoes Baked Fresh Zucchini Fresh Green Salad Frosted Cake	Cheese & Vegetable Lasagna Broccoli & Carrots Creamy Garbanzo Salad Garlic Bread Fresh Melon Vegetarian Meal	Roast Pork Loin with Spiced Apples Ranch Style Beans Southern Style Green Beans Cornbread Rice Pudding	Oven Crisp Fish Rice Pilaf Cream Peas Confetti Coleslaw Pina Colada Cake	All- American Pot Roast Boiled Red Potatoes Sage Seasoned Carrots Wheat Roll Ice Cream	Roast Turkey with Seasoned Sauce Sweet Potatoes Spinach with Bacon Wheat Roll Peanut Butter Pudding Pie

Milk and Beverage Offered with Every Meal; RDs for Healthcare, Inc.