

Friendly Fork, July 2018 Menu

2	Tamale Pie, Squash Mix with Red Pepper, Tropical Fruit, Chocolate Zucchini Muffin, Butter, Milk 1%
3	Swiss Steak with Beef Gravy, Oven Browned Potatoes, Broccoli with Garden Seasoning, Peaches, Dill Roll, Butter, Milk 1%
4	Happy 4th of July
5	Hot Turkey Sandwich and Gravy, Mashed Potatoes and Gravy, Tomato Cucumber Mint Salad, Cantaloupe, Fruit and Nut Bar, Milk 1%
6	Meatloaf and Gravy, Mashed Potatoes and Gravy, Peas and Onions, Peach Crisp, Milk 1%
9	Pork Stir-Fry, Parslied Brown Rice, Soy Sauce, Green Beans and Water Chestnuts, Mixed Fruit with Grapes, Double Fudge Brownie, Milk 1%
10	Turkey Cutlet with Mango Salsa, Creamy Rice Pilaf, Broccoli, Banana Craisin, Sunflower Seed Muffin, Butter, Kiwi, Milk 1%
11	Beef Stew, Tomato and Cucumber Salad, Wheat Biscuit, Butter, Orange-Apple-Banana, Milk 1%
12	Herbed Pork Loin, Gravy, Whipped Sweet Potatoes, Brussel Sprouts with Vinegar, Apricots, Nut Cup, Milk 1%
13	Hot Roast Beef Sandwich Topped with Mashed Potatoes and Gravy over Bread, Asparagus, Watermelon Wedge, Blueberry Crisp, Milk 1%
16	Mexican Chicken Bake, Zucchini, Cornbread Muffin, Butter, Mango Crisp, Milk 1%
17	Chicken Cordon Bleu, Roasted Red Potatoes, Spinach Salad, Wheat Roll, Butter, Fresh Orange Slices, Milk 1%
18	Fish Sandwich on Wheat Bun, Lettuce, Tomato, and Onion, Tartar Sauce, Creamy Coleslaw, Fruit Salad, Rice-Raisin Pudding, Milk 1%
19	Tomato Bisque, Wheat Crackers, Tuna Salad Sandwich, Fresh Strawberries and Bananas, Crunchy Fruit and Nut Cup, Milk 1%
20	Creamy Pesto Chicken Wrap, Red Roasted Potatoes, Broccoli Bean Salad, Banana Bar, Milk 1%
23	Beef and Bean Chili, Wheat Crackers, Carrot-Raisin Salad, Cinnamon Roll with Frosting, Butter, Fresh Pineapple and Grapes, Milk 1%
24	BBQ Pork, Baked Sweet Potato, Broccoli and Cauliflower with Yogurt Dressing, Fresh Cantaloupe and Honey Dew Melon, Milk 1%

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25	Meat Lasagna, Spinach and Garbanzo Bean Salad with Raspberry Vinaigrette, Wheat Roll, Butter, Orange-Apple-Banana, Milk 1%
26	Spaghetti with Meat Sauce, California Blend Vegetable, Wheat Roll, Butter, Fresh Oranges and Pineapple, Blonde Brownie, Milk 1%
27	Chicken with Honey Mustard Glaze, Baked Potato, Sour Cream, Butter, Green Beans with Red Peppers, Raisin Bran Muffin, Butter, Milk 1%
30	Chicken and Dumplings, Peas-Carrots, Fruit and Nut Cup, Fresh Strawberries, Milk 1%
31	Hamburger, Wheat Bun, Lettuce, Tomato, Onion, Ketchup, Mustard, Roasted Red Potatoes, Fresh Pineapple, Milk 1%