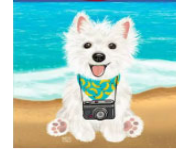




July 2024



MONDAY 7/1/2024	TUESDAY 7/2/2024	WEDNESDAY 7/3/2024	THURSDAY 7/4/2024	FRIDAY 7/5/2024
Italian Herbed Chicken w/ Gravy [12] Herbed Rice Pilaf [23] ▼ Braised Asparagus Tips [2] ▼ <i>WG Dinner Roll [21]</i> <i>Diced Peaches [12] ▼</i> <i>2% Milk [12] ▼</i> 710 calories/39 g protein	Country Style Chicken Fried Steak w/ Cream Gravy [34] Creamy Mashed Potatoes [17] ▼ Summer Succotash [22] ▼ <i>Banana [26] ▼</i> <i>2% Milk [12] ▼</i> 780 calories/36 g protein	Calabaza Con Pollo [14] ▼ Spanish Style Rice [23] ▼ Refried Beans [28] <i>Pineapple Tidbits [15] ▼</i> <i>2% Milk [12] ▼</i> 770 calories/56 g protein	4TH OF JULY - HEAL HOLIDAY Turkey Hot Dog [1] Golden Potato Wedges [25] ▼ Corn [18] ▼ Hot Dog Bun [35] <i>Ketchup & Mustard [2] ▼</i> <i>Sugar Cookie [22] ▼</i> <i>2% Milk [12] ▼</i> 802 calories/30 g protein	Chicken Teriyaki [6] over Brown Rice [28] ▼ Parslied Peas & Carrots [10] ▼ Vegetable Spring Roll [10] <i>Cherry Blossom Muffin [39]</i> <i>2% Milk [12] ▼</i> 740 calories/37 g protein
7/8/2024 Picadillo [10] Spanish Style Rice [23] ▼ Chuckwagon Corn [19] ▼ <i>WG Dinner Roll [21]</i> <i>Pineapple Tidbits [15] ▼</i> <i>2% Milk [12] ▼</i> 760 calories/38 g protein	7/9/2024 Chicken Alfred Casserole [30] Roasted Brussel Sprouts [8] ▼ Parisian Carrots [8] ▼ <i>Sliced Bread [13] ▼</i> <i>Fresh Grapes [21] ▼</i> <i>2% Milk [12] ▼</i> 720 calories/50 g protein	7/10/2024 Homestyle Meatloaf [6] Creamy Mashed Potatoes [17] ▼ Country Vegetable Medley [11] ▼ <i>Gelatin [23] ▼</i> <i>2% Milk [12] ▼</i> 720 calories/30 g protein	7/11/2024 Chicken Fajitas [2] ▼ over Cilantro Lime Rice [25] ▼ Seasoned Black Beans [23] ▼ Fire Roasted Corn [18] ▼ <i>Tortilla Chips [18] ▼</i> <i>Diced Mango [17] ▼</i> <i>2% Milk [12] ▼</i> 780 calories/49 g protein	7/12/2024 Oven Roasted Turkey w/ Gravy [3] Glazed Sweet Potatoes [22] ▼ Buttered Green Beans [6] ▼ <i>WG Dinner Roll [21]</i> <i>Cookie [32] ▼</i> <i>2% Milk [12] ▼</i> 720 calories/34 g protein
7/15/2024 Crispy Chicken Parmigiana [10] on bed of Penne in Red Sauce [34] Italian Green Beans [5] ▼ Herbed Cauliflower [4] ▼ <i>Sliced Bread [13] ▼</i> <i>Diced Peas [17] ▼</i> <i>2% Milk [12] ▼</i> 770 calories/45 g protein	7/16/2024 Salisbury Steak w/ Mushroom Gravy [8] Creamy Mashed Potatoes [17] ▼ Parslied Peas & Carrots [10] ▼ <i>WG Dinner Roll [21]</i> <i>Banana [26] ▼</i> <i>2% Milk [12] ▼</i> 790 calories/33 g protein	7/17/2024 Green Chile Chicken Enchiladas [42] Cilantro Lime Rice [25] ▼ Seasoned Calabacita [5] ▼ <i>Yogurt [10] ▼</i> <i>2% Milk [12] ▼</i> 715 calories/36 g protein	7/18/2024 Classic Cheeseburger [2] Golden Potato Wedges [25] ▼ Four Seasons Vegetable Medley [12] ▼ <i>Hamburger Bun [23]</i> <i>Ketchup & Mustard [2] ▼</i> <i>Raisins [29] ▼</i> <i>2% Milk [12] ▼</i> 777 calories/34 g protein	7/19/2024 Sweet and Sour Chicken [18] over Brown Rice [28] ▼ Broccoli Florets & Red Peppers [6] ▼ Vegetable Spring Roll [10] <i>Orange Blossom Muffin [28] ▼</i> <i>2% Milk [12] ▼</i> 735 calories/37 g protein
7/22/2024 Pollock w/ Parma Rosa Sauce [21] Herbed Rice Pilaf [23] ▼ Spring Peas & Onions [8] ▼ <i>Sliced Bread [13] ▼</i> <i>Gelatin [23] ▼</i> <i>2% Milk [12] ▼</i> 780 calories/34 g protein	7/23/2024 Smothered Rosemary Chicken [12] Roasted Red Potatoes [13] ▼ Braised Asparagus Tips [2] ▼ <i>WG Dinner Roll [21]</i> <i>Pudding [19] ▼</i> <i>2% Milk [12] ▼</i> 700 calories/37 g protein	7/24/2024 Beef Tamales [24] on a bed of Spanish Style Rice [23] ▼ Ranchero Sauce [5] Fire Roasted Corn [18] ▼ <i>Yogurt [20] ▼</i> <i>2% Milk [12] ▼</i> 705 calories/29 g protein	7/25/2024 BBQ Grilled Chicken [9] Creamy Mac n' Cheese [28] Buttered Green Beans [6] ▼ Mini Cornbread Loaf [29] ▼ <i>Fresh Grapes [21] ▼</i> <i>2% Milk [12] ▼</i> 745 calories/47 g protein	7/26/2024 3 Cheese Manicotti Alfredo [23] Roasted Garlic Spinach [4] ▼ Parisian Carrots [8] ▼ <i>WG Dinner Roll [21]</i> <i>Pound Cake [26]</i> <i>2% Milk [12] ▼</i> 775 calories/30 g protein
7/29/2024 Arroz Con Pollo [36] ▼ Refried Beans [28] Seasoned Calabacita [5] ▼ <i>Diced Peaches [12] ▼</i> <i>2% Milk [12] ▼</i> 715 calories/51 g protein	7/30/2024 BBQ Beef Brisket [9] Roasted Potatoes w/ Vegetables [9] ▼ Corn [18] ▼ <i>Buttermilk Biscuit [27]</i> <i>Apple Slices [15] ▼</i> <i>2% Milk [12] ▼</i> 765 calories/35 g protein	7/31/2024 Orange Chicken [21] over Brown Rice [28] ▼ Broccoli Florets & Red Peppers [6] ▼ Vegetable Spring Roll [10] <i>Pineapple Tidbits [15] ▼</i> <i>2% Milk [12] ▼</i> 715 calories/29 g protein	8/1/2024 Old-Fashioned Swiss Steak [9] Creamy Mashed Potatoes [17] ▼ Country Vegetable Medley [11] ▼ <i>WG Dinner Roll [21]</i> <i>Raisins [29] ▼</i> <i>2% Milk [12] ▼</i> 705 calories/30 g protein	8/2/2024 Lemon Chicken Piccata [10] on bed of Bowtie Pasta [21] ▼ Roasted Brussels Sprouts [8] ▼ Tuscan Vegetable Medley [7] ▼ <i>Cookie [26] ▼</i> <i>2% Milk [12] ▼</i> 735 calories/41 g protein

For more information call 210-207-7172. **Menu subject to availability and change without notice.**

Legend	[grams of carbs]; ▼= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, <i>Italic</i> = Outside of Tray
Comments	1. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. It is recommended that meals consist of 45-75 grams of carbohydrates while a snack consist of 15-30 grams of carbohydrates.