















July Menu 2019

Site: Rapid City

<p>Monday 1</p> <p>Scrambled Eggs w/Cheese Herbed Diced Potatoes 1CS Glazed Carrots 1CS Strawberries 1CS SF Vanilla Ice Cream 1CS Bread 1CS</p> 	<p>Tuesday 2</p> <p>Chicken Parmesan Oven Baked Rice 1 1/2CS Baked Squash 1CS Grape Juice 1CS Cooked Apples 1 1/2CS Bread 1CS</p> 	<p>Wednesday 3</p> <p><u>4th of July Dinner</u></p> <p>Polish Sausage w/Sauerkraut 1CS Cheddar Mashed Potatoes 1CS Broccoli Berry Fruit Salad 2CS Bread 1CS</p>	<p>Thursday 4</p> <p>HAPPY 4TH OF JULY!</p>  <p>CLOSED 4TH OF JULY</p>	<p>Friday 5</p> <p>Hamburger on a bun 1CS Baked Potato w/Sour Cream 1CS LS Baked Beans 2CS Tomato Slices on Leaf Lettuce Peaches 1CS</p> 
<p>Monday 8</p> <p>Hungarian Goulash 3CS Parslied Carrots 1/2CS Cooked Cabbage Mandarin Oranges 1CS Bread 1CS</p>	<p>Tuesday 9 HAPPY BIRTHDAY</p> <p>BBQ Chicken 1CS Parslied Potatoes 1CS Broccoli Cooked Apples 1 1/2CS Bread 1CS Cake 2CS</p> 	<p>Wednesday 10</p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas 1CS Apricots 1CS Bread 1CS</p> 	<p>Thursday 11</p> <p>Applesauce Pork 1CS Baked Sweet Potato 1 1/2CS Harvest Beets 1CS Med Orange 1CS Bread 1CS</p>	<p>Friday 12</p> <p>Taco Salad w/Meat & Beans 2CS LS Crackers 1CS Peach Crisp 1CS SF Vanilla Ice Cream 1CS</p>
<p>Monday 15</p> <p>Breaded Baked Fish Potato Wedges 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Bread 1CS</p> 	<p>Tuesday 16</p> <p>Mexican Chicken Soup 1CS Fruity Slaw 1CS Unsalted Crackers 1CS Peaches 1CS</p>	<p>Wednesday 17</p> <p>Pork Chop w/Celery Sauce 1CS Mashed Potatoes 1CS Carolina Beans 2CS Broccoli Banana 2CS Bread 1CS</p> 	<p>Thursday 18</p> <p>Chicken Ala King Oven Baked Rice 1 1/2CS Parslied Carrots 1/2CS Strawberries w/Topping 1CS Bread 1CS</p>	<p>Friday 19</p> <p>Cold Roast Beef&Chez Sandwich 2CS English Pea Salad 1CS LS Tomato Juice 1CS Pears 1CS</p> 
<p>Monday 22</p> <p>LS Ham Scalloped Potatoes 2CS Peas & Carrots 1CS Orange 1CS Applesauce 1 1/2CS Bread 1CS</p> 	<p>Tuesday 23</p> <p>Hawaiian Chicken Salad 1CS Potato Salad 1 1/2CS Tomato Slices on Leaf Lettuce Banana 2CS Bread 1CS</p> 	<p>Wednesday 24</p> <p>Swiss Steak w/Onion&Tomato Mashed Potatoes 1CS Seasoned Spinach Jello w/Topping 1CS Pears 1CS Bread 1CS</p>	<p>Thursday 25</p> <p>Chef's Choice</p> 	<p>Friday 26</p> <p>Chef Salad 1CS Lt French Dressing Unsalted Crackers 1CS Peaches 1CS Cranberry Orange Bar 1CS</p>
<p>Monday 29</p> <p>Spanish Rice w/ Hamburger 3CS Seasoned Spinach Unsweetened Grape Juice 1CS Apricots 1CS Bread 1CS</p>	<p>Tuesday 30</p> <p>Oven Omelet w/Ham&Cheese 1CS Pasta Veggie Salad 1 1/2CS LS Tomato Juice 1CS Banana 2CS Bread 1CS</p> 	<p>Wednesday 31</p> <p>Pork Roast Boiled Potatoes w/Gravy 1CS Cranberry Sauce 1CS Peas & Carrots 1CS Jello w/Mandarin Oranges 1/2CS Bread 1CS</p>		

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 - 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup

**Fat free dressing is served with salad

*****MENU SUBJECT TO
CHANGE WITHOUT NOTICE*****

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS. IN ADVANCE

Please leave your name, where you eat and what day