

Wednesday Jul 1

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Cheeseburger on Bun	1 each 1 each	32.1	
Crispy Baked Fries	1/2 cup	12	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Milk	8oz 8oz		

Monday Jul 13

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Stuffed Crust Pepperoni Pizza	1 slice each 14...	38	
Buttered Corn	1/2 cup 1/2 cup	17	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Milk	8oz 8oz		

Tuesday Jul 14

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Ham&Cheese Sandwich	1 each 1 each	36	
Pickle Spears	1/2 cup		
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Milk	8oz 8oz		

Wednesday Jul 15

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Spaghetti with Meatsauce	3/4 cup	19.7	
Garlic Breadstick	1 each 2 oz	26	
Sweet Peas	1/2 cup	15.8	
Diced Pears	1/2 cup 1/2 cup	20	
Assorted Milk	8oz 8oz		

Thursday Jul 16

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Hotdog w/Chili on Bun	1 each 1 each	34.4	
Baked Beans	1/2 cup 1/2 cup	30	
Strawberry Cups	1 EACH	33.1	
Assorted Milk	8oz 8oz		

Monday Jul 20

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Cheeseburger on Bun	1 each 1 each	32.1	
Crispy Baked Fries	1/2 cup	12	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Milk	8oz 8oz		

Tuesday Jul 21

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Walking Taco	1 each 1 each	30.8	
Black Beans	1/2 cup 1/2 cup	20.2	
Orange Wedges	1 Whole Orang...	15.4	
Assorted Milk	8oz 8oz		

Wednesday Jul 22

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
BBQ Chicken	2oz serving	6	
Mashed Potatoes w/Gravy	1/2 cup	14	
Diced Pears	1/2 cup 1/2 cup	20	
Assorted Milk	8oz 8oz		

Thursday Jul 23

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Turkey & Cheese Sandwich	137	32.1	
Green Beans	1/2 cup	6.3	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Milk	8oz 8oz		

Monday Jul 27

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Chicken Nugget	1 serving 5 nug...	16.3	
Garlic Breadstick	1 each 2 oz	26	
Mashed Potatoes w/Gravy	1/2 cup	14	
Strawberry Cup	1 EACH	33.1	
Assorted Milk	8oz 8oz		

Tuesday Jul 28

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Beef-a-Roni	3/4 cup 3/4 cup	26.7	
Glazed Carrots	1/2 cup	21.8	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Milk	8oz 8oz		

Wednesday Jul 29

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Sliced Deli Turkey w/Gravy	1 oz	0.9	
Steamed Rice	1/2 cup	22	
Buttered Corn	1/2 cup 1/2 cup	17	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Milk	8oz 8oz		

Thursday Jul 30

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Corn Dog	1 each 1 each	30	
Green Beans	1/2 cup	6.3	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Milk	8oz 8oz		