





# July 2018

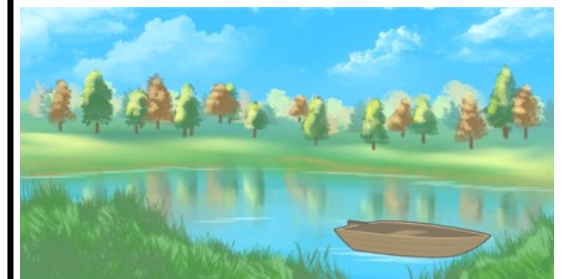


Monday	Tuesday	Wednesday	Thursday	Friday
Club Sub on WGR Bun 2 Cream Broccoli Cheese Soup Fruit Milk	Chicken Patty Burger on 3 WGR Bun Broccoli Salad Chips Fruit, Milk	Closed for 4 	Chicken Tamale Pie Bake Sour Cream & Salsa 5 WG Tortilla Chips Mixed Field Greens Salad Fruit Milk	Chicken Pot Pie 6 Spinach Strawberry Salad WGR Biscuit Fruit Milk
BBQ Chicken Thighs 9 Potato Salad Veggies WGR Cornbread Fruit Milk	Chicken Enchiladas WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	Cheesy Egg Bake 11 w/Veggies Sausage Links WGR French Toast w/Strawberries Milk	Tuna & Cheese Melt 12 On WGR Bread Tomato Ravioli Soup WGR Crackers Veggies Fruit, Milk	Fish (WGR Breading) 13 WG Rice Medley Veggies WGR Biscuit Fruit Milk
Chicken Salad 16 On WGR Croissant Minestrone Soup Veggies Fruit Milk	WGR Spaghetti w/Meatballs WGR Garlic French Bread Caesar Salad Fruit Milk	Chicken Teriyaki w/ WG Rice 18 Veggies WGR Roll Fruit Milk	Ground Beef Meatloaf 19 Oven Roasted Red Potatoes Veggies WGR Biscuit Cottage Cheese w/Fruit Milk	Herb Chicken Thighs 20 Baked Beans Veggies Fruit Salad WGR Biscuit Milk
Ground Beef Lasagna (WG) Veggies 23 Fruit WGR Garlic Bread Milk	<b>Picnic Lunch at Timber Linn Park</b>	Baked Potato Bar *** 25 Veggies WGR Muffin Fruit Milk	Pizza on WGR Crust 26 Caesar Salad Fruit Milk	Salisbury Steak w/ Gravy Garlic Mashers 27 Veggies WGR Roll Fruit Milk
Tater Tot Casserole w/ Ground Beef Cherry Tomato Salad WGR Muffin Fruit Milk	Hot Dogs on WGR Bun WGR Mac N Cheese Bake Veggies Fruit Jello Milk	<b>Milk</b> <b>Lochmead Dairy</b> <b>All milk served is</b> <b>1%/non-fat unflavored or</b> <b>non-fat flavored milk for</b> <b>adult participants.</b>		<i>USDA and this institution are equal Opportunity pro- viders and employers</i>

**July Outings**  
On Thursday July 12th at 1:30 we will take a quick drive north to Anderson's Blues. We love to pick their wonderful blueberries. Better yet we love eating their delicious blueberries!!!



Our second outing of the month, Tuesday July 24th, will be an all day visit to a park!!!! There will be limited amount of participants going, so sign up early to guarantee your seat on the bus! Priority will be given to participants who attend Tuesdays on a set schedule. however RSVP is still required. We will leave by 10 am & travel to Timber Linn Park in Albany. We will have a picnic lunch followed by games and activities in the Park. Timber Linn is a large beautiful park with a lake. If you want to fish bring your license & gear!!



The Center will be closed that day while we are at the park.

\*\*\*BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA  
Legend: WG = Whole Grain WGR = Whole Grain Rich