**JULY 2020 -- CHOICE A/B MENU**

**NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.**

Call 888.8MY.MEAL or 888.869.6325  Online www.mownct.org/cancel-my-meal

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## CHOICE A

### 1
- **Macaroni & Cheese**
- **Carrots**
- **Peas**
- **WW Bread**
- **Margarine**
- **Pineapple Cup**

### 2
- **Meatloaf w/ Apple Brown Gravy**
- **Stewed Tomatoes**
- **WG Bread**
- **Margarine**
- **Mandarin Oranges**

### 3
- **Hamburger Patty Au Jus on WG Bun**
- **Potato Wedges**
- **Carrots**
- **Blended Fruit Juice**

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**OR**

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**SATURDAY, JULY 11**

## CHOICE B

### 1
- **Baked Chicken**
- **Yellow Rice w/ Tomatoes & Chives**
- **Green Beans**
- **WG Bread**
- **Margarine**
- **Orange-Pineapple Juice**

### 2
- **Eggplant Parmesan**
- **Garbanzo Beans**
- **WG Bread**
- **Margarine**
- **Mandarin Oranges**
- **Waffle Grahams**

### 3
- **Seafood Gumbo**
- **Brown Rice**
- **Corn Muffin**
- **Margarine**
- **Pineapple Cup**

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**OR**

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## CHOICE A

### 6
- **Baked Chicken**
- **Yellow Rice w/ Tomatoes & Chives**
- **Green Beans**
- **WW Bread**
- **Margarine**
- **Orange-Pineapple Juice**

### 7
- **Lasagna Florentine**
- **Squash Medley**
- **WG Bread**
- **Margarine**
- **Cookie**
- **Apple Juice**

### 8
- **Egg Skillet w/ Potatoes, Peppers, Onion, Mushrooms, Tomatoes, & Cheese**
- **Spiced Peaches**
- **WG Bread**
- **Margarine**

### 9
- **BBQ Pork Riblet**
- **Lemon Spinach**
- **Mashed Sweet Potatoes**
- **Corn Muffin**
- **Margarine**
- **Pineapple Cup**

### 10
- **Hamburger Patty Au Jus on WG Bun**
- **Potato Wedges**
- **Carrots**
- **Grape Juice**

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**OR**

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## CHOICE B

### 6
- **Macaroni & Beef Casserole**
- **Spinach**
- **California Blend Vegetables**
- **WW Bread/Margarine**
- **Orange-Pineapple Juice**

### 7
- **Chicken Garden Casserole**
- **Summer Vegetables**
- **WG Bread**
- **Margarine**
- **Cookie**
- **Apple Juice**

### 8
- **Meatloaf with White Pepper and Bacon Gravy**
- **Mixed Greens**
- **WG Bread**
- **Margarine**
- **Applesauce**

### 9
- **Vegetarian Chili Pinto & Carrot Blend**
- **Corn Muffin**
- **Mixed Vegetables**
- **WW Bread**

### 10
- **Chicken Breast Patty Over Rice Black Beans & Tomatoes**
- **Mixed Vegetables**
- **WW Bread**
- **Grape Juice**

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All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.

WG = Whole Grain; WW = Whole Wheat

**CONTINUED ON NEXT PAGE**
<table>
<thead>
<tr>
<th>Choice A</th>
<th>Choice B</th>
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<tbody>
<tr>
<td>13</td>
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</tr>
<tr>
<td>Beef Steak Patty in Mushroom Gravy</td>
<td>Chicken Parmesan Rosemary Potatoes Cheesy Spinach WW Bread/Margarine Raisins</td>
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<tr>
<td>Garlic Mashed Potatoes Squash &amp; Green Bean Medley WG Bread/Margarine</td>
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<tr>
<td>Chicken Teriyaki Rice w/ Vegetables Gingered Carrots WG Bread Margarine Pineapple Juice</td>
<td>Sliced Roast Beef w/ Gravy Spring Peas Crinkle Cut Carrots WG Bread Margarine Pineapple Juice</td>
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<tr>
<td>Macaroni &amp; Cheese Seasoned Carrots Green Peas WG Bread Margarine Mandarian Oranges</td>
<td>Breaded Chicken with Gravy Turnip Greens Sweet Potato Mash WG Bread Margarine Mandarian Oranges</td>
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<tr>
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<tr>
<td>Sliced Turkey w/ Gravy Cornbread Dressing Butternut Squash Flat Beans Dinner Roll/Margarine Mini Moon Pie® Apple Juice</td>
<td>Manicotti Alfredo Peas Italian Vegetable Medley Dinner Roll Margarine Mini Moon Pie® Apple Juice</td>
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<tr>
<td>Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Tartar Sauce Cinnamon Applesauce</td>
<td>Sloppy Joe on Hamburger Bun Mixed Greens Black-Eyed Peas Cinnamon Applesauce</td>
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<tr>
<td>20</td>
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</tr>
<tr>
<td>Pasta Bolognese Italian Vegetables WG Bread Margarine Blended Juice</td>
<td>Baked Chicken Fiesta Rice Mexicali Corn WG Bread Margarine Blended Juice</td>
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<tr>
<td>Baked Chicken Rice w/ Black-Eyed Peas Spinach WG Bread Margarine Applesauce</td>
<td>Pork Chop Patty w/ Gravy Sweet Potatoes Brussels Sprouts WG Bread Margarine Applesauce</td>
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<tr>
<td>Breaded Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Tartar Sauce Orange Juice</td>
<td>Sesame Chicken Broccoli Cauliflower with Red Pepper WG Bread Margarine Mini Moon Pie® Orange Juice</td>
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<tr>
<td>Chicken Stew Green Beans WW Bread Margarine Graham Crackers Grape Juice</td>
<td>Cheese Omelet Roasted Parsley Potatoes Fruited Granola WW Bread Margarine Graham Crackers</td>
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<tr>
<td>Sliced Turkey w/ Country Pepper Gravy Mashed Potatoes Green Bean Almondine WG Bread/Margarine Pineapple Cup</td>
<td>NY Strip Patty in Picadillo Sauce Green Peas Diced Sweet Potatoes WG Bread Margarine Pineapple Cup</td>
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<tr>
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<tr>
<td>Salisbury Steak in Brown Gravy Turnip Greens Succotash WW Bread Margarine Mandarian Oranges</td>
<td>Sweet &amp; Sour Chicken Steamed Rice Ginger Peas WW Bread Margarine Mandarian Oranges</td>
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<tr>
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<tr>
<td>Honey Mustard Chicken Potato Wedges Cheesy Broccoli Dinner Roll Margarine Apple Spice Cookie</td>
<td>Black Beans and Rice w/ Corn &amp; Red Peppers Carrots Dinner Roll Margarine Apple Spice Cookie</td>
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<tr>
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<tr>
<td>Meatballs &amp; Penne Pasta in Marinara Broccoli Italian Vegetable Blend WG Bread Margarine Grape Juice</td>
<td>Sliced Turkey w CranRaspberry Medley of Broccoli, Bean, &amp; Cauliflower Zucchini &amp; Corn WG Bread Margarine Grape Juice</td>
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<tr>
<td>Chicken Marsala Potato Onion Soufflé Spinach &amp; Mushrooms WW Bread Margarine Pineapple Cup</td>
<td>Mac &amp; Cheese with Chicken Chorizo Pinto Beans Carrots WG Bread Margarine Pineapple Cup</td>
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<tr>
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<tr>
<td>WG Southern-Style Pollock Nuggets Carrots Cheesy Country Potatoes WG Bread/Margarine Tartar Sauce Applesauce</td>
<td>Chargrilled Beef Patty in Pizzaioli Sauce Green Beans WW Bread Margarine Pineapple-Mandarin Oranges</td>
</tr>
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