

07



JULY



2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Lemon garlic fish,</u> rice, vegetable	2 <u>French dip</u> <u>sandwiches,</u> raw veggies and dip	3 <u>Sheet pan chicken</u> <u>and green beans,</u> rice	4  <i>Fourth of July</i>
5 <u>Skillet lasagna,</u> salad	6 <u>Chicken</u> <u>enchiladas,</u> corn	7 <u>Beef lettuce</u> <u>wraps,</u> fruit	8 <u>Broccoli</u> <u>fettuccine alfredo</u>	9 <u>Ranch pork chops,</u> macaroni and cheese, broccoli	10 <u>Spinach feta</u> <u>grilled cheese,</u> fruit	11 <u>Perfect roast</u> <u>chicken,</u> salad
12 <u>Pizzadillas,</u> fruit	13 <u>Perfect grilled</u> <u>chicken,</u> french fries, vegetable	14 <u>Smoked sausage</u> <u>bowls</u>	15 <u>Crock pot garlic</u> <u>parmesan</u> <u>chicken,</u> broccoli	16 <u>Cheddar</u> <u>cheeseburger</u> <u>meatloaf,</u> vegetable	17 <u>French bread</u> <u>pizza,</u> fruit	18 <u>Grilled brown</u> <u>sugar salmon,</u> rice, vegetable
19 <u>Pasta primavera,</u> salad	20 <u>Black bean and</u> <u>sweet potato</u> <u>quesadillas,</u> fruit	21 <u>Coconut lime</u> <u>chicken skillet,</u> rice, vegetable	22 <u>Chicken fajitas,</u> corn	23 <u>Blackened shrimp</u> <u>wraps,</u> fruit	24 <u>Chicken tenders,</u> french fries, vegetable	25 <u>Chicken salad,</u> pita bread, fruit
26 <u>Slow cooker pot</u> <u>roast,</u> rolls	27 Tacos, corn	28 <u>Steaks,</u> sweet potatoes, asparagus	29 <u>Chicken tikka</u> <u>masala,</u> rice, broccoli	30 <u>Grilled pork</u> <u>chops,</u> tortellini, salad	31 <u>French bread</u> <u>pizza,</u> salad	