

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|--|
| <h1>JULY 2019</h1> <p>nutrition education will be on Wed. 17th</p> | | | | | BINGO IS A \$1 | SUGGESTED DONATION FOR 60 & OVER \$2.00 UNDER 60 MUST PAY \$5.00 |
| CRANE COUNTY SENIOR CITIZENS 558-1168 | 1 corn dogs pork & beans salad milk cookies | 2 cheese enchildas refried beans chips salad fruit milk | 3 chicken strips potatoes gravy green beans cobbler milk | 4 CLOSED | 5 chicken salad / on croissant lettuce, pickle, onion cherry tomatoes fruit salad milk | 6 |
| 7 | 8 bake ham sweet potatoes cauliflower whole grain bread / roll fruit cocktail | 9 oven fried chicken potato salad pinto beans cornbread pineapple tidbits low fat milk | 10 nacho's w / ground beef refried beans cobbler low fat milk | 11 chopped steak w/ mushroom gravy potatoes broccoli whole grain bread fresh banana | 12 fish corn on the cob cole slaw hush puppies milk | 13 |
| 14 | 15 CHICKEN FAJITA RICE CHIPS PUDDING MILK | 16 BAKE POTATO W/ MEAT SALAD oatmeal cookie low fat milk | 17 pinto beans W / chunks of ham turnip greens cornbread apple crisp low fat milk | 18 chicken fried steak potato gravy tossed salad cake low fat milk | 19 hamburger on whole grain bun lettuce tomato chopped onion baked sweet potato wedges ambrosia | 20 |
| 21 | 22 parmesan chicken herded pasta broccoli carrots tomato slice fruit | 23 soft ground beef taco chopped lettuce & tomato fiesta corn chocolate cake low fat milk | 24 chicken nuggets potatoes french green beans fruit | 25 sausage brown rice squash medley w / onion lime pineapple gelatin low fat milk | 26 sheppard's pie w/ mashed potatoes & peas & carrots cheese on top whole grain bread apricots low fat milk | 27 |
| 28 | 29 KING RANCH CHICKEN PINTO BEANS SALAD BROWNIES | 30 pork chops Bruessel sprouts chopped lettuce & tomato cake low fat milk | 31 brisket pinto beans potato salad strawberries low fat milk | 29 lasagna zucchini tossed green salad cookies low fat milk | 30 chili dogs chips pork & beans brownies milk | MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY TO FOOD!!!! |