

For more information call: (607) 776-4310.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>3</b> Chicken & Biscuit Green Beans Mandarin Oranges Graham Crackers Promise Margarine 1% Milk Orange Juice	<b>4</b> <b>Closed in observance of Independence Day</b>	<b>5</b> Roast Beef with Gravy Mashed Potato Peas Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>6</b> Egg Salad Pasta Salad Carrot Raisin Salad Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>9</b> Ham Slice with Pineapple Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>10</b> Spaghetti & Meatballs with Sauce Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	<b>11</b> Chicken Salad Macaroni Salad Tomato Bean Salad Applesauce 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>12</b> Salisbury Steak with Gravy Mashed Potato Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>13</b> Macaroni & Cheese Summer Squash Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>16</b> Italian Lasagna with Sauce Apple Slice Garnish Carrots Pears Italian Bread Promise Margarine 1% Milk Orange Juice	<b>17</b> Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>18</b> Turkey Slice Swiss Cheese Potato Salad Lettuce & Tomato Slice Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>19</b> Sloppy Joe Peach Garnish Mixed Vegetable Butterscotch Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>20</b> Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Corn Muffin Promise Margarine 1% Milk Apple Juice
<b>23</b> Beef Patty with Mushroom Gravy Red Skinned Potatoes Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>24</b> Italian Sausage Peppers & Onions Peas Applesauce Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Orange Juice	<b>25</b> Pork Tenderloin with Gravy Mashed Potato Winter Squash Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>26</b> Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Apple Juice	<b>27</b> Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
<b>30</b> Swedish Meatballs Noodles Spinach Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>31</b> Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>August 1</b> Southwestern Chicken Salad Monterey Jack Cheese Tomato Salsa Rice Pudding with Raisins Whole Wheat Pita Promise Margarine 1% Milk Orange Juice	<b>2</b> Meatloaf with Onion Gravy Mashed Potato Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>3</b> Vegetable Lasagna Beet Garnish Mixed Vegetable Peaches 100% Whole Wheat Dinner Roll Promise Margarine 1% Milk Orange Juice

**Menu subject to change without notice.**Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$3.50. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.If you are not yet 60, there is a charge of \$7.00 per meal. See your site manager.