

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken with Gravy over Biscuit Green Beans Cinnamon Pears Graham Crackers Promise Margarine 1% Milk Orange Juice	4 Ham with Scalloped Potatoes Spinach Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	5 BBQ Pulled Pork Applesauce Succotash Coleslaw Chocolate Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk	6 Ham Slices Swiss Cheese Mexican Bean & Rice Tomato Bean Salad Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	7 Stuffed Pepper With Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
10 Beef Patty with Mushroom Gravy Red Skinned Potatoes Carrots Rice Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	11 Roast Beef Slices Potato Salad Carrot Cabbage Slaw Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	12 Stir Fry Pork over Rice Pacific Blend Vegetables Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	13 Meatloaf with Onion Gravy Sweet Potato Peas Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	14 Veggie Lasagna With Italian Sauce Apple Slice Garnish Brussel Sprouts Mandarin Oranges Italian Bread Promise Margarine 1% Milk Orange Juice
17 Ham Slice with Pineapple Slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise	18 Spaghetti and Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	19 Chicken Breast with Dijon Mustard Sauce Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	20 Egg Salad Black Bean & Corn Salad Carrot Raisin Salad Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
24 Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	25 Chicken with Gravy over Biscuit Green Beans Cinnamon Pears Graham Crackers Promise Margarine 1% Milk Orange Juice	26 BBQ Pulled Pork Applesauce Succotash Coleslaw Chocolate Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk	27 Ham Salad Macaroni Salad Pineapple Carrot Salad Spiced Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	28 Italian Sausage with Peppers & Onions Broccoli Applesauce Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Orange Juice
July 1 Meatloaf with Onion Gravy Mashed Sweet Potato Peas Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	2 Tuna Salad Potato Salad Four Bean Salad Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	3 Chicken Parmesan over Rotini Zucchini with Tomatoes Tropical Fruit Italian Bread Promise Margarine 1% Milk Orange Juice	4 Closed in observance of Independence Day	5 Italian Lasagna Apple Slice Garnish Brussel Sprouts Mandarin Oranges Italian Bread 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 coordinator.