

MOA Menu – July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
07/04 Closed – July 4th Celebration	07/05 Beef Soft Tacos Refried Beans Shredded Lettuce Salad 1% Milk	07/06 Turkey Pepperoni Calzone Caesar Salad Buttered Corn 1% Milk	07/07 Oven Fried Chicken Braised Mustard Greens Pinto Beans 1% Milk	07/08 Beef Steak Burger Potato Wedges Buttered carrots 1% Milk
07/11 Country Fried Steak Mashed Potatoes Green Beans 1% Milk	07/12 Beefy Taco Quesadilla Bites Seasoned Black Beans Buttered Carrots 1% Milk	07/13 Mozzarella Stuffed Breadsticks Caesar Salad Green Beans 1% Milk	07/14 Beef Spaghetti & Meat sauce Broccoli & Cauliflower Buttered Corn 1% Milk	07/15 Chicken Fried Chicken Sandwich Buttered Carrot Burger Fixins 1% Milk
07/18 Smothered Meatballs & Gravy Mashed Potatoes Broccoli Florets Dinner Roll, 1% Milk	07/19 Chicken & Cheese Quesadilla Refried Beans Buttered Carrots 1% Milk	07/20 Cheesy French Bread Pizza Caesar Salad Green Beans 1% Milk	07/21 Filet of Fish Buttered Corn Rice Pilaf 1% Milk	07/22 Country Fried Steak Sandwich Baked Beans Buttered Carrots 1% Milk
07/25 Crispy Chicken Nuggets Mashed Potatoes Buttered Carrots 1% White Milk	07/26 Beef Soft Tacos Refried Beans Shredded Lettuce Salad 1% Milk	07/27 Turkey Pepperoni Calzone Caesar Salad Buttered Corn 1% Milk	07/28 Oven Fried Chicken Braised Mustard Greens Pinto Beans 1% Milk	07/29 Beef Steak Burger Potato Wedges Buttered carrots 1% Milk

Breakfast:

M: Quiche, Fresh Bananas, 1% Milk
 T: Buttered Toast, Fresh Apples, 1% Milk
 W: Quiche, Fresh Oranges, 1% Milk
 Th: French Toast, Fresh Pears, 1% Milk
 F: Potato Quiche, Fresh Apples, 1% Milk

PM Snacks:

M: Whole Grain Crackers & Sliced Cheese
 T: Whole Grain Fish Crackers & Cheddar Cheese Stick
 W: Cheese Sandwiches
 Th: Whole Grain Crackers & Mozzarella String Cheese
 F: Cheese Its & Marble Jack Cheese Stick