



Please call to cancel the meal at least a day in advance 801-229-3802

Monday	Tuesday	Wednesday	Thursday	Friday
Number in parentheses represent carbohydrate count Menu subject to change	Suggested contribution \$4/meal Low fat milk (12) is provided with each meal	1 Battered Fish Fillets with Tartar Sauce (15) Potato Wedges (18) Fresh Orange (12) Roll (16) Mixed Vegetables (12)	2 Grilled Hamburgers with Fresh Baked Bun (15) Lettuce, Tomato, Pickles (02) Potato Salad (19) Apple Sauce (14) Pork and Beans (25)	3 No Meal- observed  Independence Day
6 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Jell-O with Fruit (22)	7 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	8 BBQ Pulled Pork (03) Au Gratin Potato (19) Coleslaw (07) Fresh Apple (28) Fresh Baked Roll (16)	9 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Fruit Fluff and Cottage Cheese (28) Peas (12) Fresh Baked Roll (15)	10 Teriyaki Beef Bowl (08) Quinoa (21) Broccoli (04) Mandarin Oranges (11) Fresh Baked Roll (15)
13 Orange Chicken (18) Sauce (24) Brown Rice (21) Stir Fry Veg (06) Roll (16) Tropical Fruit (14) Fortune Cookie (10)	14 Meatloaf (03) Garlic Mashed Potatoes & Gravy (30) Broccoli (04) Green Salad (02) Roll (15) Apple Sauce (14)	15 Creamed Chicken Over White Rice (30) Green Beans (02) Roll (16) Pineapple Tidbits (07)	16 Sloppy Joe (03) Fresh Hamburger Bun (15) Pork and Beans (25) Mixed Veggies (12) Cottage Cheese and Mixed Fruit (19)	17 Garlic Roasted Beef (00) Herb Mashed Potatoes (15) Mixed Veggies (11) Fresh Baked Roll (16) Apple (28)
20 Southern Country Fried Steak (29) Mashed Potatoes & Country Gravy (26) Roll (16) Fresh Steamed Broccoli (04) Fresh Apple (28)	21 Chicken Pot Pie (40) Fresh Baked Biscuit (25) Fresh Orange (12) Fresh Baked Brownie (23) Green Salad (02)	22 Cured Honey Baked Ham (02) Scalloped Potatoes (13) Beets (06) Diced Peaches (19) Roll (16) Cookie Bar (18)	23 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Sliced Pears (19)	24 No Meal- Pioneer Day 
27 Swedish Meatballs (39) White Rice (21) Brownie (23) California Veggies (04) Fresh Baked Roll (16) Green Salad (02) Applesauce (28)	28 Cold Cut Subs Honey Cured Ham, Roasted Turkey with Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit Cocktail (13)	29 Oven Roasted Pork (00) Mashed Potatoes (15) Seasoned Diced Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)	30 Chicken Parmesan With Basil Marinara Sauce and Spaghetti (30) Green Beans (02) Chocolate Chip Cookie (26) Diced Peaches (19)	31 Roast Turkey Breast (03) Mashed Potatoes & Turkey Gravy (25) Carrots (06) Fresh Baked Roll (15) Sliced Pears (19)