

WOCOA Menu for July 2017

Mon, Jul 3, 17

Hotdog
Baked Beans
Tater Tots
WW Bun

Watermelon
Milk

Mon, Jul 10, 17

Salisbury Steak with
Gravy
Mashed Potatoes
Green Beans

WW Roll
Fruited Gelatin
Margarine
Milk

Mon, Jul 17, 17

Chicken
and Rice
Black-eyed Peas
Broccoli
Fresh Fruit
Milk

Mon, Jul 24, 17

Red Beans & Rice
with Sausage
Mix Veggies
Fruit Cup
Milk

Mon, Jul 31, 17

Meat Loaf with
Tomato Sauce
Pinto Beans
Mustard Greens
Cornbread
Oatmeal Cookie
Milk

Tue, Jul 4, 17

**CLOSED
for the
4th of July**

Tue, Jul 11, 17

Spaghetti and Meat
Sauce
Spaghetti Noodles
Steamed Broccoli

Toss Salad & Dressing
Baked Sliced Apples
Milk

Tue, Jul 18, 17

Beef Patty
with Gravy
Whole Kernel Corn
Green Beans
WW Roll
Yogurt
Milk

Tue, Jul 25, 17

Chicken Salad
Carrot Raisin Salad
3 Bean Salad
Fresh Fruit
2 slices WW Bread
Milk

Wed, Jul 5, 17

BBQ Chicken
Green Lima Beans
Baked Breaded Okra
WW Roll

Jell-O® with Fruit
Margarine
Orange Juice

Thu, Dec 12, 01

Pork Chop
Black-eyed Peas
Greens

Cornbread
Fresh Fruit
Orange Juice

Wed, Jul 19, 17

Hotdog
Baked Beans
Cole Slaw
WW Bun
Apple Cobbler
Orange Juice
Ketchup/Mustard

Wed, Jul 26, 17

Beef Stroganoff
Noodles
Hot Beets
WW Roll
Yogurt
Orange Juice
Margarine

Thu, Jul 6, 17

Roast Beef with Gravy
Mashed Potatoes
Green Beans
Wheat Roll

Fresh Fruit
Margarine
Milk

Thu, Jul 13, 17

Chicken Pot Pie
Cut Sweet Potatoes
Broccoli

Yogurt
Milk

Thu, Jul 20, 17

Chili with
Beans & Onions
Succotash
Steamed Carrots
Wheat Crackers
Fruited Gelatin
Milk

Thu, Jul 27, 17

Baked Pork Chop
Black Eyed Peas
Turnip Greens
Cornbread
Fresh Fruit
Milk

Fri, Jul 7, 17

Hamburger on Bun
Baked Beans
Wheat Bun
Fruit Cobbler
Mustard, Ketchup,
Mayonnaise
Lettuce & Tomato
Milk

Fri, Jul 14, 17

Tuna Salad
Broccoli Salad
Lettuce/Tomato

Wheat Bread (2)
Fresh Fruit
Milk

Fri, Jul 21, 17

Hamburger on Bun
Hash Brown Casserole
Fruit Cobbler
Wheat Bun
Lettuce/ Tomato
Mustard/Ket/Mayo
Milk

Fri, Jul 28, 17

Baked Fish
Whole Kernel Corn
Broccoli Salad
WW roll
Spiced Peaches
Milk
Ketchup/Tartar Sauce