

WOCOA Menu for July 2018

<p>2-Jul SPAGHETTI & Meat Sauce</p> <p>Peas & Carrots Toss Salad w/ dressing Spiced Apples Milk</p>	<p>3-Jul Baked Chicken</p> <p>Yams Stewed Squash w/onions Fruited gelatin WW roll w margarine Milk</p>	<p>4-Jul CLOSED</p> <p>FOR 4th OF JULY</p>	<p>5-Jul Pot Roast w gravy</p> <p>Mashed Potatoes Green Beans Fresh Fruit WW roll w margarine Milk</p>	<p>6-Jul Hamburger</p> <p>Tater Tots Baked Beans Cookies WW Bun Milk Ketchup, Mustard, Mayo</p>
<p>9-Jul Meatloaf w/Tomato Sauce Collard Greens Lima Beans Cronbread Fresh Fruit Milk</p>	<p>10-Jul Hotdog Baked beans Cole Slaw Stewed Apples WW Bun Milk Ketchup, Mustard, Relish</p>	<p>11-Jul BBQ Port Chop Broccoli w cheese Pinto Beans Brownie WW Roll w margarine Milk</p>	<p>12-Jul Tuna Salad Potato Salad Broccoli Salad Fresh Fruit WW Bread x 2 Lettuce, Tomato Milk</p>	<p>13-Jul Chicken & Dumplings English Peas Sliced Carrots Oatmeal Cookie Milk</p>
<p>16-Jul Chili with Beans & Onions Whole Kernel Corn</p> <p>Toss Salad w dressing WW Crackers Fruit Cobbler Milk</p>	<p>17-Jul Salisbury Steak with Gravy Fork Hook Lima Beans Carrot, Raisin, Pineapple Salad Brown Rice Fresh Fruit Milk</p>	<p>18-Jul Baked Chicken w/Mushroom Gravy Black eyed Peas</p> <p>Steamed Broccoli Mixed Fruit WW Roll w margarine Milk</p>	<p>19-Jul Meat Balls with Gravy Green Peas</p> <p>Steamed Carrots Banana Pudding WW Roll Milk</p>	<p>20-Jul Baked Fish w Lemon juice Cheese Grits</p> <p>Baked Beans Hushpuppies (2) Lemon Pudding Milk</p>
<p>23-Jul Chicken Pot Pie Black-eyed Peas Sweet Potato Banana Pudding WW Roll Milk</p>	<p>24-Jul Beef Pattyw/BBQ Sauce Italian Cut Green Beans WK & Cream Corn Fruited Yogurt WW roll Milk</p>	<p>25-Jul Chicken Salad Okra & Tomatoes Vegetable Soup WW Crackers Cookie Milk</p>	<p>26-Jul Pork Loin w/Gravy Mashed Potatoes Greens Cornbread w margarine Fresh Fruit Milk</p>	<p>27-Jul Sausage w/Green Peppers & Onions Baked Beans Cole Slaw WW Bun Baked Apples Milk Mustard</p>
<p>30-Jul SPAGHETTI & Meat Sauce Peas & Carrots Toss Salad w/ dressing Spiced Apples Milk</p>	<p>31-Jul Baked Chicken Yams Stewed Squash w/onions Fruited gelatin WW roll w margarine Milk</p>			