

SNAP MENU

236-6344 or 236-6345

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Chicken Breast Potato Salad Two Bean Salad Whole Wheat Bread Fruit Yogurt	4 CLOSED FOR INDEPENDENCE DAY BOXED MEAL	5 Country Ham Seasoned Potato Wedges Okra & Tomatoes Cornbread Fruited Gelatin	6 Beef Steak Fingers Brown Rice Italian Green Beans Wheat Bread Fruit Cobbler	7 Pork Chop Garden Blend Rice Pinto Beans Cornbread Fresh Fruit
10 Steak Fingers W/Gravy Corn O'Brien Stewed Tomatoes Apricots Sugar Cookie Whole Wheat Bread	11 BBQ Chicken Seasoned Succotash Cauliflower Pudding Whole Wheat Bread	12 Spaghetti & Meat Sauce Stewed Squash Cucumber Tomato Salad Cornbread Pineapple Crisp	13 Chicken Enchilada Bake Spanish Rice Pinto Beans Lettuce & Tomato Salad Corn Tortilla Strawberries & Peaches	14 BBQ Hamburger Buttered Corn Spinach Salad Cinnamon Pears
17 Herb Baked Chicken Sweet Potatoes Mixed Vegetables Rosy Pears Whole Wheat Bread	18 Pork Chop Buttered New Potatoes Green Beans Hot Cinnamon Apples Whole Wheat Roll	19 Cheese Enchiladas Mexican Rice Lettuce & Tomato Salad Fruit Cup W/Oranges	20 Turkey W/Gravy Scalloped Potatoes Squash & Red Peppers Apple Whole Wheat Bread	21 Meatloaf Winter Mix Vegetables Tossed Salad Banana Pudding W/Wafers Whole Wheat Bread
24 Beef Steak Fingers W/Cream Gravy Macaroni & Cheese Greens Pineapple Tidbits Whole Wheat Bread	25 Turkey Rice Casserole Sliced Beets Orange Pudding Whole Wheat Bread	26 Chop Steak W/Mushrooms Potato Wedges Green Beans Pineapple Crisp Whole Wheat Bread	27 Chicken Enchilada Bake Mexican Rice Peas & Carrots Fruit Cup W/Oranges Whole Wheat Bread	28 Country Ham Blackeye Peas Broccoli Fruited Cherry Gelatin Whole Wheat Roll
31 Smothered Pork Chop Corn O'Brien Broccoli Cauliflower Medley Banana Pudding W/Wafer Wheat Roll				

SNAP ACTIVITIES 236-6344 OR 236-6345

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Exercise 11:45	4 CLOSED FOR INDEPENDENCE DAY	5 Blood Pressure Checks 10:30- 11:30 Exercise 11:45	6	7 Exercise 11:45
10 Exercise 11:45	11 Music By: Country Rose 10:30 – 11:30	12 Exercise 11:45 Bingo 10:30 – 11:30	13	14 Exercise 11:45
17 Exercise 11:45 AARP MEETING 5:30	18	19 Exercise 11:45 Bridge 10:00 – 3:00	20 Blood Pressure Checks 10:30- 11:30 Nutrition 11:45	21 Music by: Don Price Jack Terry & Marshall Billingsley 10:00-11:30
24 Exercise 11:45	25 PROGRAM: BEAT THE HEAT 11:15	26 Exercise 11:45 Bingo 10:30 – 11:30 Bridge 10:00 – 3:00	27	28 Exercise 11:45
31 Exercise 11:45				