



July 2010

HDM Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday																								
	<table border="1"> <thead> <tr> <th>Monthly Income</th> <th>Per meal Fair Share Donation</th> <th>Monthly Income</th> <th>Per meal Fair Share Donation</th> </tr> </thead> <tbody> <tr> <td>\$1832 & up</td> <td>Full Pay</td> <td>\$1076-\$1227</td> <td>\$2.75</td> </tr> <tr> <td>\$1681-\$1831</td> <td>\$3.75</td> <td>\$900-\$1075</td> <td>\$2.50</td> </tr> <tr> <td>\$1530-\$1680</td> <td>\$3.50</td> <td>\$750-\$899</td> <td>\$2.25</td> </tr> <tr> <td>\$1379-\$1529</td> <td>\$3.25</td> <td>\$601-\$749</td> <td>\$2.00</td> </tr> <tr> <td>\$1228-\$1378</td> <td>\$3.00</td> <td>\$600 or less</td> <td>\$1.75</td> </tr> </tbody> </table>	Monthly Income	Per meal Fair Share Donation	Monthly Income	Per meal Fair Share Donation	\$1832 & up	Full Pay	\$1076-\$1227	\$2.75	\$1681-\$1831	\$3.75	\$900-\$1075	\$2.50	\$1530-\$1680	\$3.50	\$750-\$899	\$2.25	\$1379-\$1529	\$3.25	\$601-\$749	\$2.00	\$1228-\$1378	\$3.00	\$600 or less	\$1.75		Sliced Ham 1 Scalloped Potato Normandy Veggies Pull Apart Roll Cinnamon Applesauce Rice Krispie Treat 7	Beef Stroganoff 2 Over Noodles Carrots Pull Apart Roll Pears Cherry Crisp 6
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5 CLOSED FOR CELEBRATION OF INDEPENDENCE DAY	Cavatappi 6 Broccoli Tropical Fruit Pull Apart Roll Cherry Crisp 6	Oven Fried Chicken 7 Mashed Potato/Gravy Sauteed Cabbage Corn Muffin Fresh Apple 5	Pork Chop Suey 8 Over Rice Corn w Peppers Fruit Cocktail Pineapple Upside Down Cake 6	Goulash 9 Spinach Peaches Garlic Bread Juice 5																								
12 Sweet & Sour Meatballs Rice Carrots Lima Beans Fresh Apple 6.5	Stuffed Chicken 13 Baked Potato/S.Cream Beets Wheat Bread Blueberry Crisp 7	14 Turkey Noodle Casserole Broccoli Squash Plums 4.5	15 BBQ Pork on Bun Corn Peas & Carrots Banana 5	16 Lemon Fish Baked Potato/S. Cream Garden Peas Pull Apart Roll Apple Cobbler 6																								
19 Chicken Diane Mashed Potato Spinach Pull Apart Roll Rice Krispie Treat Pears 6.5	20 Lasagna Succotash Apple Juice Garlic Bread Tropical Fruit 7	21 Walking Tacos Taco Meat, Chips, Lettuce, Tomato, Cheese Sour Cream Baked Beans Juice 5.5	22 Pepper Steak w/ Mashed Potatoes & Gravy Asparagus Pull Apart Roll Peaches 6	23 Honey BBQ Chicken Wings Cheesy Mashed Potatoes Mixed Vegetables Wheat Bread Creamy Fruit Salad 7																								
26 Sloppy Joes on Whole Wheat Hamburger Bun Peas & Carrots Three Bean Salad Banana Vanilla Pudding 6.5	27 Tilapia Baked Potato w/Sr Cream California Veggies Tropical Fruit Angel Food Cake w/Cherry Topping 7.5	28 Bourbon Chicken Over Rice Broccoli Mixed Vegetables Pull Apart Roll Applesauce 6	29 BBQ Pork Ribbette on Whole Wheat Bun Spinach Tossed Salad Pineapple Tidbits Cake with Frosting 7	30 Cabbage Rolls Au Gratin Potatoes Green Beans Pineapple Upside Down Cake 6.5																								

Menu
 Includes fat free milk
 Meals provides 1/3 of the
 Recommended Daily
 Allowance (RDA)

Menu subject to change

Special Events:

July 4: Independence Day
 July 5: CLOSED
 July 13: Embrace your
 Geekness Day
 July 29: Birthday Party

National Blueberry Month
 Nat'l Anti-Boredom Month

