

July 2010

HDM Salad 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		Oriental Salad 1 Raspberry Vinaigrette Baked Beans Wheat Bread Margarine Applesauce 7	Taco Salad with 2 Taco Sauce Tortilla Chips Raisin Box Apricots 8
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5 CLOSED FOR CELEBRATION OF INDEPENDENCE DAY	6 Ranch Pasta Salad Carrot & Celery Sticks w/ Peanut Butter Baked Beans 6	7 Seafood Salad Lite Ranch Dressing Cracked Wheat Roll Margarine Pineapple Tidbits 7	8 Chef Salad Lite Ranch Dressing Cracked Wheat roll Margarine Peaches 5	9 Cottage Cheese Fruit Plate Poppyseed Bread Margarine Plums 8																								
12 Ambrosia Salad Cracked Wheat Roll Peanut Butter Pineapple Tidbits 10	13 Fresh Tomato Salad French Dressing Baked Beans Wheat Bread Fresh Orange 6	14 Layered Salad Raisin Box Peaches Banana Bread Juice 7	15 Strawberry Spinach Salad Raspberry Vinaigrette Cinnamon Apple Muffin Banana 5	16 Black Bean Salad Tortilla Chips Raisin Box Pears 6																								
19 Cobb Salad French Dressing Cracked Wheat Roll Margarine Tropical Fruit Salad 5	20 Fresh Fruit Plate Raisin Box String Cheese Cinnamon Apple Muffin 6	21 Chicken Spinach Salad Poppyseed Dressing Poppyseed Bread Raisin Box Mandarin Oranges 8	22 Deluxe Salad French Dressing Cracked Wheat Roll Margarine Applesauce 7	23 Calif Walnut Pear Raspberry Vinaigrette Cracked Wheat Roll Margarine Pineapple Tidbits 7																								
26 Creamy Fruit Salad Carrot & Celery Sticks Rye Bread & Margarine Three Bean Salad 7	27 Antipasta Salad Cinnamon Apple Muffin Margarine Baked Peaches 8	28 Beef & Bleu Salad Bleu Cheese Dressing Cracked Wheat Roll Margarine Sugared Plums 6	29 Apple Almond Salad Raspberry Vinaigrette Orange Juice Cake w/Choc. Frosting 9	30 Steak Salad French Dressing Cracked Roll Margarine Sugared Plums 6																								

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

