



July 2010

HDM Sandwich 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		Meatball Sub 1 Lettuce, Tomato Coleslaw w/ Vinegar Dressing Pineapple Tidbits 5	BLT with 2 Cheese Sandwich Coleslaw w/ Vinegar Dressing Raisin Box Sweetened Plums 8
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5 CLOSED FOR CELEBRATION OF INDEPENDENCE DAY	6 Turkey & American w/ Pesto Mayo on Onion Roll Lettuce, Tomato Peaches Apple Crisp 7	7 Chicken Salad On Whole Wheat Hamburger Bun Lettuce, Tomato Plums Apple 5	8 Tomato, Salami, Spinach Sandwich Coleslaw w/ Vinegar Dressing Fresh Orange Banana Cream Dessert 10	9 Seafood Sub w/ Lettuce Three Bean Salad Carrot & Celery Sticks Raisin Box 8																								
12 Chicken Fajita Wrap Three Bean Salad Mandarin Oranges Apple Crisp 7	13 Club Sub Lettuce, Tomato Juice Banana Cream Dessert 7	14 Blue Cheese Wrap Coleslaw w/Vinegar Dressing Raisin Box Applesauce Rice Pudding 11	15 Turkey on Bagel Lettuce, Tomato Raisin Box Apricots 6	16 Meatloaf Sandwich Lettuce, Tomato Tossed Salad Apple 5																								
19 Reuben Sandwich Lettuce, Tomato 1000 Island Dressing Carrot & Celery Sticks Banana Rice Pudding 6	20 Chicken Vegetable Pita Lite Ranch Dressing Plums Apple Juice Apple Crisp 11	21 Tuna Fruit Sandwich Lettuce and Tomato Peaches Banana Cream Dessert 8	22 Peanut Butter & Jelly Sandwich Carrot & Celery Sticks Raisin Box Pineapple Tidbits 9	23 Ham, Apple, Swiss Sandwich Three Bean Salad Creamy Fruit Salad Fresh Orange 8																								
26 Egg Salad Sandwich Carrot & Celery Sticks Beets Banana 4	27 Chicken Caesar Wrap Three Bean Salad Pineapple Tidbits Apple Crisp 9	28 Southwestern Wrap Toss Salad Fresh Orange 5	29 Hawaiian Ham Sandwich With Pineapple Raisin Box Pears Cake w/Choc Frosting 9	30 Pizza Sub with Green Pepper Strips and Marinara Sauce Raisin Box & Juice Peaches 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

