

Erie County Stay Fit Dining Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Pasta with Meatballs, Tomato Sauce & Mozzarella Cauliflower Fruit Punch Chocolate Chip Cookies (795)</p>	<p>2 Breaded Chicken with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana <i>Chocolate Milk</i> (932)</p>	<p>3 4th of July Meal Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Grape Juice Chef Salad with Dressing Ice Cream Sandwich (992)</p>	<p>4 No Meals Served</p>	<p>5 Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Butterscotch Pudding with Whipped Topping (801)</p>
<p>8 Breaded Chicken with Herb Gravy Mashed Sweet Potatoes Green Beans Dinner Roll Chocolate Pudding (791)</p>	<p>9 Swedish Meatballs Harvard Beets Peas Fresh Orange <i>Chocolate Milk</i> (688)</p>	<p>9 Entrée Salad Cranberry Chicken Salad on a Bed of Salad Greens with Dressing Club Crackers Lorna Doones (649)</p>	<p>11 Ancho Chicken with Peppers, Onions, Salsa & Cheddar Spanish Rice Fiesta Corn Apple Juice Chef Salad with Dressing Fresh Banana (806)</p>	<p>12 Breaded Pork Chop with Gravy Lazy Pierogi California Mixed Vegetables Rye Bread Applesauce (649)</p>
<p>15 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Italian Bread Sugar Cookies (887)</p>	<p>16 Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Fruit Cocktail (614)</p>	<p>17 Chicken Breast with Marsala Sauce Scalloped Potatoes Green Beans Chef Salad with Dressing Multigrain Bread Mandarin Oranges <i>Chocolate Milk</i> (702)</p>	<p>18 Steakhouse Burger with Gravy on a Bun Mashed Potatoes Lima Bean Bake Lemon Ice (847)</p>	<p>19 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Zucchini & Tomatoes Wheat Dinner Roll Chocolate Pudding (709)</p>
<p>22 Cheese Omelet with Peppers, Onions & Tomatoes Cheesy Diced Potatoes Broccoli Florets Raisin Bread Brownie (680)</p>	<p>23 Pasta with Italian Sausage, Tomato Sauce & Mozzarella California Mixed Vegetables Grape Juice Dinner Roll Diced Peaches (721)</p>	<p>24 Breaded Chicken Breast with Gravy Mashed Potatoes Au Gratin Spinach Wheat Diner Roll Fresh Banana <i>Chocolate Milk</i> (881)</p>	<p>25 Christmas in July</p>	
<p>29 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Fresh Orange (730)</p>	<p>30 Beef Bourguignon Mashed Butternut Squash Peas Wheat Dinner Roll Tropical Fruit <i>Chocolate Milk</i> (642)</p>	<p>31 Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Corn Dinner Roll Oatmeal Cookies (902)</p>	<p>1 Ham Steak with Pineapple Sauce Au Gratin Potatoes Broccoli Florets Rye Bread Butterscotch Pudding (553)</p>	<p>2 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Cauliflower Green Beans Chef Salad with Dressing Wheat Dinner Roll Fudge Round Cookie (764)</p>
<p>26 Entrée Salad</p>		<p>Mandarin Orange, Sunflower & Chicken Salad -with Dressing Multigrain Bread Sugar Cookies (748)</p>		