

July 2024 ALPS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Vegetable Ham soup, whole wheat bread sticks, salad, baked apples, milk. P	Turkey, gravy, sweet potatoes, green beans, rolls, milk A	White Chili, tossed salad, corn muffin, corn, milk B	CLOSED	BBQ chicken, Herb potatoes, baked beans, rolls, milk C
8	9	10	11	12
Omelet Cheese, whole grain biscuit, gravy, diced tomato, mandarin oranges, milk D	Beef manwich, tater tots, slaw, milk E	Beef Baked Ravioli, whole wheat bread sticks, green beans, diced potatoes, Milk F	BBQ pork on wheat buns, potato salad, baked beans, milk G	Meatloaf patties, mashed potatoes, peas, rolls, milk H
15	16	17	18	19
Chicken w/ gravy, whole grain biscuit, rice, broccoli, applesauce, milk I	Pinto beans, cornbread muffins, mixed greens, scalloped potatoes, milk J	Ham Salad Sandwich, Potato salad, mixed fruit, milk K	Chicken & Dumplings, peas & carrots, corn, whole grain biscuit, milk L	Fish Patty on bun, diced carrots, slaw, milk M
22	23	24	25	26
Steak & Gravy, mashed potatoes, rolls, mixed vegetable, milk N	Mac & cheese/ham, stewed tomatoes, broccoli, wheat bread, milk. O	Vegetable Ham soup, whole wheat bread sticks, salad, baked apples, milk. P	Turkey, gravy, sweet potatoes, green beans, rolls, milk A	White Chili, tossed salad, corn muffin, corn, milk B
29	30	31		
BBQ chicken, Herb potatoes, baked beans, rolls, milk C	Omelet Cheese, whole grain biscuit, gravy, diced tomato, mandarin oranges, milk D	Beef manwich, tater tots, slaw, milk E		

Milk - 1% 1 Gallon Containers

A. **Turkey** - white & dark turkey, turkey broth, contains 2% or less sodium lactate, salt, modified food starch, sugar. **Gravy**- enriched wheat flour, riboflavin, folic acid, chicken fat. **Sweet Potatoes**- water, corn syrup, sugar stuffing-breadcrumbs, enriched wheat flour, thiamin, riboflavin, folate, cornmeal, sugar, palm oil. **Green Beans**- water & salt. **Rolls (59.5g)**-enriched unbleached wheat flour, barley flour, niacin iron, thiamine mono.

B. **White Chili**, FULLY COOKED 1/2" DICED CHICKEN WHITE MEAT, chicken broth, whole flour, chicken meat, water, modified food starch. **Salad**-mixed greens, **Corn Muffin (35g)**-flour, riboflavin, folic acid, cornmeal, sugar, oils, salt, eggs, soy flour & egg whites

C. **BBQ Chicken**-FULLY COOKED 1/2" DICED CHICKEN WHITE MEAT. BBQ Sauce. **Herb potatoes**-Potatoes, olive oil, cornstarch, dehydrated garlic & onion. **Baked Beans** BEANS, WATER, BROWN SUGAR, SUGAR, SALT, MUSTARD, MODIFIED CORN STARCH, ONION.

D. **Omelet cheese**-Egg patty, whole eggs, whey, nonfat milk, pasteurized cream cheese, milk & cream. **Whole grain biscuits (70.9g)** - water, whole wheat flour, enriched flour bleached barley flour, niacin, iron. **Gravy**-soybean, wheat flour, niacin, iron, thiamin montrate, food starch. **Diced Tomato**, **Mandarin Oranges** - oranges, water & sugar

E. **Beef Manwiches** - beef, water, tomato paste, sugar, salt, **whole wheat buns (43g)** - whole wheat flour, water, vital wheat, gluten, brown sugar. **Tater Tots-potatoes**, **sugar**, **cornstarch**, **canola oil**, **SLAW**- cabbage, sugar, mayo, **salad dressing**, corn syrup, vinegar, egg and salt. **Pears**- Pears and water.

F. **Ravioli**- water, tomatoes, flour, iron, niacin, riboflavin, beef, flour, salt, carrots, soy protein, onions, salt, dices potatoes, water and calcium chloride. **Green Beans**- water & salt. **whole grain breadstick (28g)** whole wheat flour, enriched flour, iron, thiamine mononitrate, riboflavin.

G. **BBQ Pork**- ketchup, vinegar, corn syrup, salt, onion, brown sugar, molasses, salt, sugar, mustard, oil and black pepper. **Potato Salad**- mayonnaise, potatoes, eggs, sweet pickles, water, salt, onion, mustard, oil and spices. **Baked Beans**- navy beans, brown sugar, salt, bacon, salt, onion, flour and color. **Oatmeal Pie**- flour, iron, thiamine, riboflavin, folic acid, sugar, oil, oats, corn syrup, salt, raisin and juice. **Oatmeal Creme pie**-corn syrup, flour, wheat barley, sugar, whole grain oats, molasses, water, spices

H. **Meatloaf Patty**- beef, water, soy protein, flour, oil, sodium, tomato, corn syrup, vinegar, salt, onion powder, spice seasoning and bell peppers. **Green Peas**-water sugar, salt. **Mashed Potatoes- potato (dry) canola oil, salt** **Mixed Fruit**- peaches, pears, water, grapes, pear juice, Rolls- flour, thiamine, water, corn syrup, oil, milk, egg and soy.

I. **Chicken Patty Breast w/Gravy** - rib meat, water seasoning & salt. **Whole grain Biscuit (70.9g)**- water, whole wheat flour, enriched flour bleached, palm oil, niacin, iron. **Applesauce** - apples, water, corn syrup, flour, water, milk, sugar, baking soda and starch. **Gravy**- enriched wheat flour, riboflavin, folic acid, chicken fat. **Rice**- alt, dried veggies, onion, red bell, pepper, carrot, parsley, garlic, yeast, broth, flour and corn syrup. **Broccoli- Oatmeal Cookie**- flour, niacin, iron, riboflavin, folic acid, sugar and vegetable oil

J. **Pinto Beans**- water, salt and calcium. **Cornbread (35g)**- flour, riboflavin, folic acid, cornmeal, sugar, oils, salt, eggs, soy flour and egg whites. **Mixed Greens**- tur nip mustard greens, water. **Potatoes Scalloped**- whey, flour, starch, salt, oil, spices and soy & corn protein. **Peaches-peaches**, water, corn syrup, sugar

K. **Ham Salad**- ham, sodium, mayo, oil, water, eggs, vinegar, corn syrup & spice. **Whole Wheat Bread (52g)**- stone ground whole wheat flour, water, yeast, brown sugar, wheat gluten. **Potato Salad**- mayo, oil, water, egg, vinegar, corn syrup, salt, spice, eggs, pickles, corn syrup and onion powder. **Mixed Fruit**- peaches, pears, water, grapes, pear juice.

L. **Chicken & Dumplings**- wheat flour, niacin, thiamine, eggs, salt, corn starch and onion powder. **Green Peas**- water, carrots, sugar and salt. **Whole Kernel Corn**- water, sugar & salt. **Whole Grain Biscuit (70.9g)**-water, whole wheat flour, enriched flour bleached wheat flour malted barley flour

M. **Cod**- breading, flour salt, breading. **Carrots**- water, salt, calcium chloride. **Slaw**- cabbage, sugar, mayo, salad dressing, corn syrup, vinegar, egg and salt. **Peaches**- water, corn syrup and sugar.

N. **Steak**- ground beef, water, corn starch, flour, stock, oats, onions, stock, salt, folic acid. **Potato shortening**, lactose, oil, artificial flavor & color. **Whole grain roll**- water, whole wheat flour, enriched unbleached wheat flour, Thiamine. **Gravy**-enriched wheat flour, riboflavin, folic acid, beef fat. **Veg Mix**- water, carrots, potatoes, peas, corn, green beans, celery, lima beans and onion.

O. **Mac & Cheese**- water, egg, milk, cheese, salt & oil milk. **Whole Wheat Bread (26g)**- stone ground whole wheat flour waer, yeast, brown sugar, wheat gluten. **Stewed tomato**- sugar, salt, onions, green bell peppers, celery, citric acid and spices. **Broccoli Frozen, chopped**. **Pineapple**-pineapple juice and citric acid.

P. **Vegetable Soup**- potatoes, beef stock, carrots, tomato puree, peas, green beans, corn, flour, egg white, onions and sugar. **Ham**- water salt, sugar, dextrose & honey. **whole grain breadstick (28g)** whole wheat flour, enriched flour, iron, thiamine mononitrate, riboflavin. **Salad**- lettuce, red cabbage and carrots. **Apples**- water. **wheat flour Buns (43g)** - flour, thiamin, riboflavin, water, high fructose, soybean oil, wheat gluten, calcium, barley malt, milk, soy flour sesame seed.

Milk - 1% 1 Gallon Containers
Variety fruits offered as dessert