

Osceola COA Menu

July 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07/01/24	07/02/24	07/03/24	07/04/24	07/05/24
Beef Ziti Whole Kernel Corn Broccoli Fresh Fruit Milk or Fortified Juice	Arroz Con Pollo Charro Beans Summer Vegetable Blend Fresh Fruit Milk or Fortified Juice	Smoked Sausage w/Onions and Peppers Red Potato Wedges Hot Spiced Pineapples Hot Dog Bun Milk or Fortified Juice	Cheeseburger Tater Tot Casserole Green Beans Hamburger Bun Cranberry Juice Milk or Fortified Juice	Brown Sugar Glazed Ham Spiced Yams Cabbage Cornbread Fresh Banana Milk or Fortified Juice
07/08/24	07/09/24	07/10/24	07/11/24	07/12/24
Creamy Chicken Marsala Spaghetti Pasta Whole Kernel Corn Tuscany Vegetable Blend Cranberry Juice Milk or Fortified Juice	Pork Carnitas Yellow Rice Sweet Plantains Broccoli Applesauce Cup Milk or Fortified Juice	Meatloaf w/Brown Gravy Whipped Potatoes Green Peas Cornbread Fresh Fruit Milk or Fortified Juice	Breaded Honey Mustard Chicken Red Potato Wedges Garden Vegetable Blend Hamburger Bun Apple Juice Milk or Fortified Juice	Swiss Steak White Rice Carrots Cabbage Fresh Banana Milk or Fortified Juice
07/15/24	07/16/24	Hot Dog Day 7/17	07/18/24	07/19/24
Beef Picadillo Rice Pinto Beans Mixed Vegetable Blend Fresh Fruit Milk or Fortified Juice	Breaded Chicken with Country Gravy Whipped Potatoes Cabbage Cornbread Fresh Fruit Milk or Fortified Juice Margarine	Hot Dog Baked Beans Tater Gems Hot Dog Bun Apple Juice Milk or Fortified Juice	Santa Fe Chicken Rice Black Beans w/Corn Mixed Greens Fresh Banana Milk or Fortified Juice	Beef Stroganoff Green Peas Glazed Carrots Fresh Fruit Milk or Fortified Juice
07/22/24	07/23/24	07/24/24	07/25/24	07/26/24
Chicken Supreme Sweet Potato Fries Green Beans Cornbread Fresh Fruit Milk or Fortified Juice	Spaghetti Meat Sauce Spaghetti Pasta Whole Kernel Corn Carrots Fresh Fruit Milk or Fortified Juice	Shredded Pork w/Onions Rice Sweet Plantains Spring Vegetable Blend Fresh Fruit Milk or Fortified Juice	Salisbury Steak Brown Gravy Hashbrowns Broccoli Biscuit Fresh Banana Milk or Fortified Juice	Chicken Stir Fry Fried Rice Green Peas Japanese Vegetable Blend Pineapple Tidbits Milk or Fortified Juice
Lasagna Day 7/29	07/30/24	07/31/24	Portion Sizes	
Lasagna Whole Kernel Corn Broccoli Cranberry Juice Milk or Fortified Juice	Arroz Con Pollo Charro Beans Summer Vegetable Blend Fresh Fruit Milk or Fortified Juice	BBQ Pulled Pork Macaroni & Cheese Green Peas Carrots Pineapple Tidbits Milk or Fortified Juice	1:3 oz serving of protein 2:4 oz servings fruit/vegetable 2 oz of bread or alternative 1 pat of margarine 1:4 oz serving dessert of fruit ½ pint milk	All menus are developed to represent the most current Dietary Reference intakes and daily compliance range for target nutrients within the 1800-calorie component Average of 600 Calories

Veronica Gober, MS RDN LD