

Adams Menu Week of 7/6-7/12

Sunday July 6	Monday July 7	Tuesday July 8	Wednesday July 9	Thursday July 10	Friday July 11	Saturday July 12
Breakfast French Toast Sausage Fruit Juice	Breakfast Muffins Yogurt Bacon Fruit Juice	Breakfast Cold Cereal Donuts Toast Fruit Juice	Breakfast Malt-o-Meal English Muffin Fruit Juice	Breakfast Sausage, Egg & Cheese Biscuit Fruit Juice	Breakfast Cold Cereal Toast Fruit Juice	Breakfast Caramel Roll Yogurt Fruit Juice
Lunch Meatloaf Mashed Potatoes/Gravy Corn Dinner Roll Pie	Lunch Beef Tips & Rice Veggie Medley Dessert	Lunch Turkey Noodle Casserole French Bread/Butter Dessert	Lunch Ham Scalloped Potatoes Squash Dessert	Lunch Homemade Cheeseburgers Lettuce/Tomato Chips & Dip Dessert	Lunch Cabbage Rolls Bread & Butter Dessert	Lunch Taco Salad Dessert
Dinner Brats Sauer Kraut Onion Rings Dessert	Dinner Tortellini Soup Sandwich Dessert	Dinner BBQ Meatballs Mac & Cheese Asparagus Dessert	Dinner Chili Cornbread Dessert	Dinner Pizza Salad Breadstick Dessert	Dinner Fish Sticks Baked Potato Coleslaw Dessert	Dinner Grilled Turkey & Swiss Steak Fries Calif Veggies Dessert

DO MORE
OF WHAT
MAKES YOU
HAPPY



ALWAYS PACK
YOUR MIND
WITH
POSITIVE
THOUGHTS