## July 2024

Ector Co.Eld. Nutrition 1225 N. Adams-Odessa (432)333-6791

Due to availability of food, menu is subject to change Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested Meal Donation

Meatloaf w/tom Sauce Potato Salad Green Beans Fruit Cup Cake   Potato Salad Green Beans Fruit Cup Cake   Potato Salad Shock Cheese Stown Mac & Cookie Cake   Pie	(432)333-6791		SUMMIT -Meal Provider		
Sliced Brisket Mashed Potatoes Green Beans & Cond Apple Sauce Cake  8 9 10 11  Meatloaf w/tom Sauce Potato Salad Green Beans Fruit Cup Cake  15 16 16 17 17 18 18 18 19 10 11  Beef Pepper Steak Red Skin Mashed Broccoli Florets Pile  16 16 17 17 18 18 18 19 18 18 19 19 10 11  Beef Pepper Steak Red Skin Mashed Broccoli Florets Red Skin Mashed Broccoli Florets String Cheese Yogurt Pile  16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Monday	Tuesday	Wednesday	Thursday	Friday
Mashed Potatoes Green Beans & Corn Apple Sauce Cake  8 9 10 11  Grandmas Cookie  8 9 9 10 11  Meatloaf w/tom Sauce Potato Salad Green Beans Fruit Cup Cake  15 16 16 17 18  Beef Pepper Steak Red Skin Mashed Broccoli Florets Granola Bar Oreo Cookie  15 16 16 17 18  Chicken & Mushroom Macaroni Salad Broccoli Florets Fruit Cup Cake  15 16 17 18  Grilled Hamburgers Red Skin Mashed Broccoli Florets Green Chili Swy Mixed Veggies String Cheese Cake  16 17 18  Green Chili Cake  17 18  Beef Pepper Steak Broccoli Florets Green Chili Cake  18 17 18  Green Chili Chicken Alfredo Cake  18 21 18  Green Chili Chicken Alfredo Cake  19 21 24 25  Chicken Alfredo Chi		2	M. 4 1 3	•	
Green Beans & Corn Apple Sauce Cake    Record   Pudding Brownie   Pudding Brownie   Pudding Grandmas Cookie   Pudding Gran	Sliced Brisket	Sweet N Sout Chicken	Chicken Salad	CLOSED	
Apple Sauce Cake  Pudding Brownie    Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding Brownie   Pudding BBQ Chicken Breast   Pudding Brownie   BBQ Chicken Breast   White Rice Okra & Tomatoes CA Mixed Vegetables Delta	Mashed Potatoes	Rice Pilaf	Tuna Salad	FOR	salad
Apple Sauce Cake  Pudding Brownie    Separate   Pudding Brownie   Pudding Grandmas Cookie   Pudd	Green Beans & Corn	Broccoli Florets	Macaroni & Pot Salad	INDEPENDENCE DAY	String Cheese
Brownie   Brownie   Grandmas Cookie   Cake   Cake	Apple Sauce	Pudding	Jello	***	
Meatloaf w/tom Sauce Potato Salad Green Beans Fruit Cup Cake  15 16 16 17 18 Beef Pepper Steak Red Skin Mashed Broccoli Florets Granola Bar Oreo Cookie Fresh Fruit  22 23 24 Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Chicken Washad Broccoli & Carrots Jello Cake  29 20 30 31 Sausage Links (2) Fried Catflish Beef Stew & Potatoes  Freid Catflish Beef Chopped Streak Mashed Potatoes CA Mixed Vegetables CO vegetables CA Mixed Vegetab			Grandmas Cookie		
Meatloaf w/tom Sauce Potato Salad Green Beans Fruit Cup Cake  15 Mac & Cheese S Way Mixed Veggies Yogurt Pie					
Potato Salad Green Beans Fruit Cup Cake  15					12
Green Beans Fruit Cup Cake  15					
Fruit Cup Cake  15 16 17 18 18 16 17 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 18 19 18 18 18 19 18 18 18 18 18 18 18 18 18 18 18 18 18					
Cake    Pie   Fresh Fruit   Muffin   Cake			i e	CA Mixed Vegetables	
Sausage Links (2)   Fried Catifish   Seef Seef Seef Seef Seef Seef Seef Se	Fruit Cup	Yogurt	Rice Crispies	Jello	Cookie
Beef Pepper Steak Red Skin Mashed Broccoli Florets Granola Bar Oreo Cookie  22 23 24 25 Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  29 30 Sausage Links (2)  Fried Catfish  Chicken & Mushroom Macaroni Salad 5 Way Mixed Veggies String Cheese Fresh Fruit  Chicken Alfredo Italian Pasta Salad CA Mixed Vegetables String Cheese Coleslaw Chips Chips Chips Chicken Black Beans Coleslaw Chips Chips Cake  Chips Craw Craw Craw Craw Chips Craw Craw Craw Chips Craw	Cake	Pie	Fresh Fruit	Muffin	Cake
Beef Pepper Steak Red Skin Mashed Broccoli Florets Granola Bar Oreo Cookie  22 23 24 25 Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  29 20 30 Sausage Links (2)  Fried Catfish  Chicken & Mushroom Macaroni Salad Swy Mixed Veggies String Cheese Fresh Fruit  Chicken Alfredo Italian Pasta Salad CA Mixed Vegetables Black Beans Coleslaw Chips Chips Chips Chips Chips Craw  Chips Craw Craw Chips Craw Craw Chips Craw Chips Craw Craw Chips Craw Craw Chips Craw Craw Craw Chips Craw Craw Craw Craw Chips Craw Craw Craw Chips Craw Cr	`				
Red Skin Mashed Broccoli Florets Granola Bar Oreo Cookie  22 23 24 25 Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  29 30 Sausage Links (2)  Macaroni Salad 5 Way Mixed Veggies String Cheese Fresh Fruit  Red Skin Potato Salad Lettuce & Tomatoes Yogurt Pie  Red Skin Potato Salad Lettuce & Tomatoes Yogurt Pie  Red Skin Potato Salad Lettuce & Tomatoes Granola Bar Chips Chi	15			HOLEN LEGICAL SILE 18	
Broccoli Florets Granola Bar Oreo Cookie  22 23 24 25 Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  29 30 30 31 Sausage Links (2)  5 Way Mixed Veggies String Cheese Fresh Fruit  5 Way Mixed Veggies String Cheese Yogurt Pie  Coleslaw Chips Cake  Coleslaw Chips Cake  String Cheese	Beef Pepper Steak	Chicken & Mushroom	Grilled Hamburgers	Green Chili	Chicken Alfredo
Granola Bar Oreo Cookie  String Cheese Fresh Fruit  Pie  Coleslaw Chips Cake  Muffin  String Cheese Muffin  Coleslaw Chips Cake  String Cheese Muffin  Coleslaw Chips Cake  Chips Cake  Chips Cake  Chips Cake  Chips Cake  Chips Cake  String Cheese Muffin  Coleslaw Chips Cake  Muffin  String Cheese Muffin  Coleslaw Chips Cake  String Cheese Muffin  Coleslaw Chips Cake  Coleslaw Chips Cake  String Cheese Muffin  Coleslaw Chips Cake  Coleslaw Chips Cake  String Cheese Muffin  String Cheese Muffin  Coleslaw Chips Cake  String Cheese Muffin  String Cheese Muffin  Coke  String Cheese Muffin  String Cheese Muffin  Coke  String Cheese Muffin  String Cheese Muffin  String Cheese Muffin  Coke  String Cheese Muffin  Coke  String Cheese Muffin  String Cheese Muffin	Red Skin Mashed	Macaroni Salad	Red Skin Potato Salad	Pulled Pork	Italian Pasta Salad
Oreo Cookie  Fresh Fruit  Pie  Chips Cake  Muffin  22  23  24  25  25  2  Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  Cake  Pie  Chips Cake  Muffin  Muffin  Muffin  Authority  Authority Cake  Muffin  Chips Cake  Chips Cake  Authority Cake  Ground Beef Cass Fried Potatoes Fried Potatoes Green Beans Fried Potatoes Green Beans Pudding Harvest Nuts Cake  Cake  Authority Cake  Spanish Rice Green Beans Pudding Cookie  Cake  Cake  Authority Cake  Fried Catfish Beef Stew & Potatoes	Broccoli Florets	5 Way Mixed Veggies	Lettuce & Tomatoes	Black Beans	CA Mixed Vegetables
Cake	Granola Bar		_	Coleslaw	_
Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  29  30  Grilled Chicken Burger Bean Medley Lettuce & Tomatoes Green Beans Pudding Cookie  Green Beans Pudding Cookie  Cookie  Brownie  Cookie  Beef Fajitas Spanish Rice Refried Beans Harvest Nuts Cake  Spanish Rice Refried Beans Harvest Nuts Cake  Beef Fajitas Spanish Rice Refried Beans Harvest Nuts Cake	Oreo Cookie	Fresh Fruit	Pie		Muffin
Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  29  29  30  Grilled Chicken Burger Bean Medley Lettuce & Tomatoes Granola Bar Brownie  Grilled Chicken Burger Bean Medley Lettuce & Tomatoes Granola Bar Brownie  Grilled Chicken Burger Bean Medley Lettuce & Tomatoes Granola Bar Brownie  Cookie  Brownie  31  Sausage Links (2)  Fried Catfish  Beef Stew & Potatoes	22	23	5 (Variation Laboratoria 24	25	26
Vegetable Rice Broccoli & Carrots Jello Fresh Fruit  29  30  Sausage Links (2)  White Rice Mixed Vegetables Fruit Cup Cake  Bean Medley Lettuce & Tomatoes Granola Bar Brownie  Bean Medley Lettuce & Tomatoes Granola Bar Brownie  Fried Potatoes Green Beans Pudding Cookie  Cake  Spanish Rice Refried Beans Harvest Nuts Cake					
Broccoli & Carrots Jello Fresh Fruit  29  30  Sausage Links (2)  Mixed Vegetables Fruit Cup Cake  Lettuce & Tomatoes Green Beans Pudding Cookie  Cookie  Green Beans Pudding Cookie  Cake  Refried Beans Harvest Nuts Cake  Sausage Links (2)  Beef Stew & Potatoes		,			
Jello Fruit Cup Cake Granola Bar Brownie Cookie Harvest Nuts Cake  29 30 31 Sausage Links (2) Fried Catfish Beef Stew & Potatoes			-		1 -
Fresh Fruit  Cake  Brownie  Cookie  Cake  29  30  31  Sausage Links (2)  Fried Catfish  Beef Stew & Potatoes					
29 30 31 Sausage Links (2) Fried Catfish Beef Stew & Potatoes				_	
Sausage Links (2) Fried Catfish Beef Stew & Potatoes	v				
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					Note:
		Corn & Carrots	Mac & Cheese		Note:
Bacon Cabbage Broccoli Florets 5 Way Mixed Veggies Tea, Milk & Bread	_				
Fruit cup Jellow Granola Bar will be provided	•				
Cookie Cake Muffin with every Meal	COOKIE	Саке	IVIUTTIN		with every ivieal