

July 2025

Ector Co.Eld. Nutrition
1225 N. Adams-Odesa
(432)337-5281

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

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meatball / Marinata Rotini Pasta CA Mixed Vegetables String Cheese Pie Tea/Milk	Grn Chili Chicken Spanish Rice Refried Beans Yogurt Cookie Tea/Milk	BBQ Beef Patty Mac & Cheese Corn & Green Beans Cheez its Jello Tea/Milk	CLOSED FOR INDEPENDENCE DAY 
7	8	9	10	11
Beef Stew w/ Carrots Diced Potatoes 5 Way Mixed Veg Fruit Cup Rice Krispi Tea/Milk	Honey Dijon Chicken Wild Rice CA Mixed Vegetables Apple Sauce Lemon Bars Tea/Milk	BBQ Beef Strips Carrots Green Cabbage Harvest Nuts Pie Tea/Milk	Salisbury Steaks Mashed Potatoes Green Beans Gardettos Pudding Tea/Milk	Chicken Vera Cruz Spanish Rice Refried Beans Muffins Fruit Cup Tea/Milk
14	15	16	17	18
Bee Chopped Steaks Button Mushrooms Broccoli Florets Granola Bars Sherbert Tea/Milk	BBQ Sausage Links (2) Red Skin Mashed Pot Bacon Cabbage Yogurt Cake Tea/Milk	Chicken Fajitas White Hominy Pinto Beans String Cheese Cookie Tea/Milk	Beef Pepper Steak White Rice Asian Vegetables Jello Pie Tea/Milk	Italian Chicken Mac & Cheese Italian Cut Gr Beans Harvest Nuts Cookie Tea/Milk
21	22	23	24	25
Green Chili CK Stew Black Beans & Pico Okra & Tomatoes Apple Sauce Lemon Pie Tea/Milk	Meatloaf Mashed Potatoes Broccoli Florets Cheez Its Fresh Fruit Tea/Milk	BBQ Chicken Scalloped Potatoes Peas & Carrots Granola Bars Cake Tea/Milk	Fire Braised Pork Diced Potatoes 5 Way Mixed Veg Gardettos Pudding Tea/Milk	Sliced Beef Brisket Refried Beans Green Beans & Tom Muffins Fruit Cup Tea/Milk
28	29	30	31	
Cheesy Chicken Red Skin Mashed Pot CA Mixed Veg Yogurt Cake Tea/Milk	Teriyaki Meatballs Vegetable Rice Pilaf Asian Vegetables Fruit Cup Cookie Tea/Milk	Green Chili Beef Tips White Hominy Corn & Green Beans Pudding Brownie Tea/Milk	Sausage Pepper & Onions Diced Potatoes Bacon Cabbage Harvest Nuts Pie	Note: Tea, Milk & Bread will be provided with every Meal