



**Nicholas**  
Community Action Partnership, Inc.  
SUPPORT • EMPOWER • UPLIFT

# JULY 2024



Mon	Tue	Wed	Thu	Fri
<p>1 <b>Chicken Alfredo,</b> Broccoli, Carrots, Garlic Breadstick, Pineapples, 2% Milk</p>	<p>2 <b>FESTIVE MEAL</b> <b>Salisbury Steak w/ Gravy</b> Mashed Potatoes, Green Beans, Dinner Roll, Strawberry Cake, 2% Milk</p>	<p>3 <b>Tomato Soup,</b> BLT, Cottage Cheese, Peaches, 2% Milk</p>	<p>4 <b>CENTER CLOSED</b> <b>FOURTH OF JULY</b></p>	<p>5 <b>CENTER CLOSED</b> <b>FOR HOLIDAY</b></p>
<p>8 <b>Smoked Sausage w/ Kraut,</b> Beets, Fruit Cocktail, WW Bread, 2% Milk</p>	<p>9 <b>Cheese Lasagna Roll up w/ Meatsauce,</b> Corn, Garlic Bread, Pineapple, 2% Milk</p>	<p>10 <b>Krabby Cakes,</b> Coleslaw, Cucumber Salad, WW Bread, Peaches, 2% Milk</p>	<p>11 <b>Butter Beans,</b> Spinach, Carrots, Cornbread, Bananas, Pudding, 2% Milk</p>	<p>12 <b>Chicken Tenders,</b> Waffle Fries, Peas, Dinner Roll, Pears, 2% Milk</p>
<p>15 <b>Hotdogs w/chili, slaw, and onions,</b> Sweet Potato Fries, Oranges, 2% Milk</p>	<p>16 <b>Spaghetti with Meatballs,</b> Corn, Green Beans, Garlic Bread, Applesauce, 2% Milk</p>	<p>17 <b>Pinto Beans w/ onions</b> Mixed Greens, Carrots, Cornbread, 2% Milk</p>	<p>18 <b>Scrambled Eggs, Sausage,</b> Hashbrown, Stewed Tomatoes, Biscuit, Cinnamon Apples, 2% Milk</p>	<p>19 <b>Chef Salad w/ Grilled</b> Chicken, Tomato, Cucumber, Onion, Carrots, Egg, Cheese, Pears, 2% Milk</p>
<p>22 <b>Cheeseburgers w/ Lettuce,</b> Tomato, Red Onion, Pickles, Sweet Potato Fries, Corn, Oranges, 2% Milk</p>	<p>23 <b>Fish Fillet,</b> Coleslaw, Beets, Hushpuppies, WW Bread, Fruit Cocktail, 2% Milk</p>	<p>24 <b>BBQ Pork Sandwich w/ Pickles, onions, Carrots,</b> Peas, Pears, 2% Milk</p>	<p>25 <b>Navy Beans,</b> Broccoli, Parsley Potatoes, Cornbread, Peaches, 2% Milk</p>	<p>26 <b>Taco Salad w/ Chips, Meat,</b> Lettuce, Tomatoes, Onions, Cheese, Pineapples, 2% Milk</p>
<p>29 <b>Broccoli Cheese Soup</b> Bologna and Cheese Sandwich, Pears, 2% Milk</p>	<p>30 <b>Beef Shepard's Pie,</b> Carrots, Dinner Roll, Pineapples, 2% Milk</p>	<p>31 <b>Chicken Wings (Bone in)</b> Sweet Potato Fries, Green Beans, WW Bread, Peaches 2% Milk</p>		