

Siskiyou Senior Nutrition  
(530) 926-4611



July, 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>PLEASE NOTE</b> MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>			<p>1 Cheeseburger on WW Bun Lettuce, Tomato &amp; Onion Coleslaw Watermelon</p>	<p><b>CLOSED</b></p>
<p>Lunch Served M - Th 11:45 AM - 12:15 PM</p>	<p>6 Tuna Salad Sandwich on WG Bread Pea Salad Cantaloupe</p>	<p>7 Chicken Taco Lettuce, Tomato Mexi Corn w/ Black Beans Salsa &amp; Sour Cream Mixed Berries WG Tortilla</p>	<p>8 Chili Spinach Salad w/ Mandarins Red Grapes Cornbread</p>	<p>9 Veggie Tortellini w/ Marinara Garden Salad Orange WW Garlic Bread</p>
<p>ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS</p>	<p>13 Fish Sandwich Coleslaw Sweet Potato Fries Tartar Sauce Banana WW Bun</p>	<p>14 Baked Chicken Brown Rice Broccoli Salad Red Grapes</p>	<p>15 Pasta Primavera Peas &amp; Carrots Tropical Fruit WW Roll</p>	<p>16 Pork Verde Served Over Brown Rice Mexi-Slaw Strawberries</p>
<p>Suggested Contribution</p> <p>SITE SENIOR \$4.00 HOMEBOUND SENIOR \$4.00 NON-SENIOR: UNDER 60 \$10.00</p> <p>There is no obligation to contribute. A contribution is purely voluntary. because of failure or inability to contribute.</p>	<p>20 Veggie Frittata w/ Spinach, Bell Peppers, Onions &amp; Tomatoes Roasted Potatoes Red Grapes WW Roll</p>	<p>21 Beef Olé Cornbread Mexi Corn w/ Black Beans Tangerine</p>	<p>22 Chicken Alfredo w/ Broccoli Caesar Salad Bananas &amp; Strawberries WW Roll</p>	<p>23 Turkey Wrap w/ Cream Cheese, Spinach &amp; Cranberry Roasted Potatoes Orange</p>
<p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>27 Bean &amp; Cheese Burrito w/ Brown Rice WG Tortilla Sour Cream &amp; Salsa Mexi-Slaw Tangerine</p>	<p>28 Asian Chicken Casserole Over Chow Mein Noodles Peas &amp; Carrots Pineapple &amp; Mandarins</p>	<p>29 Meatloaf Peas &amp; Carrots Strawberry Applesauce WW Roll</p>	<p>30 Chicken Salad Sandwich w/ Lettuce &amp; Tomato Apple Coleslaw WG Bread</p>