

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Diced Pork w/Noodles Chuckwagon Corn Brussels Sprouts Whole Wheat Bread (1) Fruit & Grain Bar	4 Chicken Breast Fillet Orange Sauce Broccoli / Cauliflower Blend Pineapple Tidbits Rice Pilaf Fig Bar	5 Meatloaf Mashed Potatoes Green Beans Whole Wheat Bread (1) Rice Krispie Treat Bar	6 Chicken Breast Fillet Marsala Sauce Italian Blend Vegetables Apple Juice 4 oz. Noodles LD Chocolate Chip Crème Pie	7 Country Meatballs Glazed Carrots Smothered Potatoes Whole Wheat Bread (1) Pears
10 Breaded Fish Tartar Sauce Chuckwagon Corn Broccoli Cuts Hamburger Bun Peaches	11 Salisbury Steak Sour Cream & Chive Potatoes Carrots Whole Wheat Bread (1) Applesauce	12 Chicken with Peanut Sauce Oriental Blend Vegetables Grape Juice 6 oz. Steamed Rice LD Chocolate Chip Crème Pie	13 Beef Macaroni w/Tomato Green Peas Yellow Crookneck Squash White Roll Fruit & Grain Bar	14 Roasted Turkey Breast Poultry Gravy Sweet Potatoes Green Beans Whole Wheat Bread (1) LD Fudge Round
17 Turkey ala King Red Bliss Potatoes Brussels Sprouts Biscuit LD Star Crunch	18 Roast Pork Apple Berry Sauce Green Peas Carrots Wild Rice Blend LD Oatmeal Cookie	19 Beef & Rice Patty w- Cabbage Cabbage with entrée Normandy Blend Vegetables Whole Wheat Bread (1) Spiced Peaches	20 Smothered Chicken Breast Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread (1) LD Gingerbread Man	21 Beef Stroganoff w/ Noodles Green Beans Whole Kernel Corn Whole Wheat Bread (1) Mixed Fruit
24 Roast Beef Brown Gravy Mashed Potatoes Carrots w/Ginger White Roll Mixed Fruit	25 Baked Chicken Thigh Herbed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Fruit & Grain Bar	26 Breaded Fish Tartar Sauce Yellow Crookneck Squash Steamed Spinach Whole Wheat Bread (1) Rice Krispie Treat Bar	27 Chicken Breast Fillet Italian Herb Sauce Green Peas Cauliflower Whole Wheat Bread (1) LD Chocolate Chip Crème Pie	28 Hamburger Pinto Beans Chuckwagon Corn Hamburger Bun Pineapple Tidbits
				EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK

**ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

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<p>3</p> <p>CAL = 734.12 FAT = 8.21 G SODIUM = 2.27 MG FIBER = 10.15 G CARBS = 91.84 G CALCIUM = 678.06 MG</p>	<p>4</p> <p>CAL = 822.76 FAT = 4.6 G SODIUM = 1.57 MG FIBER = 5.27 G CARBS = 93.56 G CALCIUM = 329.68 MG</p>	<p>5</p> <p>CAL = 691.15 FAT = 9.42 G SODIUM = 2.53 MG FIBER = 5.66 G CARBS = 80.89 G CALCIUM = 652.13 MG</p>	<p>6</p> <p>CAL = 613.07 FAT = 1.87 G SODIUM = 1.49 MG FIBER = 5.91 G CARBS = 85.26 G CALCIUM = 353.81 MG</p>	<p>7</p> <p>CAL = 722.36 FAT = 1.76 G SODIUM = 1.07 MG FIBER = 7.54 G CARBS = 92.52 G CALCIUM = 384.05 MG</p>
<p>10</p> <p>CAL = 613.99 FAT = 4.27 G SODIUM = 1.33 MG FIBER = 7.83 G CARBS = 93.58 G CALCIUM = 358.57 MG</p>	<p>11</p> <p>CAL = 744.24 FAT = 9.84 G SODIUM = 2.22 MG FIBER = 8.26 G CARBS = 85.17 G CALCIUM = 566.62 MG</p>	<p>12</p> <p>CAL = 752.26 FAT = 4.81 G SODIUM = 1.76 MG FIBER = 4.85 G CARBS = 99.75 G CALCIUM = 510.99 MG</p>	<p>13</p> <p>CAL = 667.12 FAT = 6.18 G SODIUM = 1.91 MG FIBER = 10.99 G CARBS = 87.07 G CALCIUM = 558.25 MG</p>	<p>14</p> <p>CAL = 595.03 FAT = 1.38 G SODIUM = 0.91 MG FIBER = 3.77 G CARBS = 81.29 G CALCIUM = 344.64 MG</p>
<p>17</p> <p>CAL = 729.47 FAT = 3.51 G SODIUM = 2.25 MG FIBER = 8.05 G CARBS = 92.81 G CALCIUM = 459.1 MG</p>	<p>18</p> <p>CAL = 709.72 FAT = 3.5 G SODIUM = 2.07 MG FIBER = 11.57 G CARBS = 96.33 G CALCIUM = 639.79 MG</p>	<p>19</p> <p>CAL = 586.17 FAT = 7.67 G SODIUM = 2.12 MG FIBER = 8.67 G CARBS = 67.48 G CALCIUM = 560.56 MG</p>	<p>20</p> <p>CAL = 556.43 FAT = 2.25 G SODIUM = 1.37 MG FIBER = 8.23 G CARBS = 75.71 G CALCIUM = 520.5 MG</p>	<p>21</p> <p>CAL = 646.72 FAT = 2.76 G SODIUM = 1.43 MG FIBER = 7.82 G CARBS = 80.19 G CALCIUM = 455.05 MG</p>
<p>24</p> <p>CAL = 711.32 FAT = 3.43 G SODIUM = 2.03 MG FIBER = 6.92 G CARBS = 91.74 G CALCIUM = 426.42 MG</p>	<p>25</p> <p>CAL = 703.04 FAT = 3.96 G SODIUM = 2.94 MG FIBER = 7.27 G CARBS = 78.18 G CALCIUM = 603.5 MG</p>	<p>26</p> <p>CAL = 549.35 FAT = 5.65 G SODIUM = 1.09 MG FIBER = 6.54 G CARBS = 71.91 G CALCIUM = 384.15 MG</p>	<p>27</p> <p>CAL = 549.84 FAT = 1.41 G SODIUM = 1.11 MG FIBER = 9.43 G CARBS = 69.47 G CALCIUM = 390.41 MG</p>	<p>28</p> <p>CAL = 661.49 FAT = 1.6 G SODIUM = 1.25 MG FIBER = 10.49 G CARBS = 91.31 G CALCIUM = 389.7 MG</p>
				<p>THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL</p>

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES