

## May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK		1 Chicken with Peanut Sauce Oriental Blend Vegetables Grape Juice 6 oz. Steamed Rice LD Chocolate Chip Crème Pie	2 Beef Macaroni w/Tomato Green Peas Yellow Crookneck Squash White Roll Fruit & Grain Bar	3 Roasted Turkey Breast Poultry Gravy Sweet Potatoes Green Beans Whole Wheat Bread (1) LD Fudge Round
6 Turkey ala King Red Bliss Potatoes Brussels Sprouts Biscuit LD Star Crunch	7 Roast Pork Apple Berry Sauce Green Peas Carrots Wild Rice Blend LD Oatmeal Cookie	8 Beef & Rice Patty w- Cabbage Cabbage with entrée Normandy Blend Vegetables Whole Wheat Bread (1) Spiced Peaches	9 Smothered Chicken Breast Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread (1) LD Gingerbread Man	10 Beef Stroganoff w/ Noodles Green Beans Whole Kernel Corn Whole Wheat Bread (1) Mixed Fruit
13 Roast Beef Brown Gravy Mashed Potatoes Carrots w/Ginger White Roll Mixed Fruit	14 Baked Chicken Thigh Herbed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Fruit & Grain Bar	15 Breaded Fish Tartar Sauce Yellow Crookneck Squash Steamed Spinach Whole Wheat Bread (1) Rice Krispie Treat Bar	16 Chicken Breast Fillet Italian Herb Sauce Green Peas Cauliflower Whole Wheat Bread (1) LD Chocolate Chip Crème Pie	17 Hamburger Pinto Beans Chuckwagon Corn Hamburger Bun Pineapple Tidbits
20 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) LD Star Crunch	21 Beef Patty Pepper & Onion Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Applesauce	22 Breaded Chicken Patty Carrots Green Beans Hamburger Bun Fruit & Grain Bar	23 Sweet & Sour Pork Grape Juice 6 oz. Broccoli Cuts Steamed Rice LD Oatmeal Cookie	24 Chicken Pomodoro Italian Blend Vegetables Brussels Sprouts Whole Wheat Bread (1) LD Chocolate Chip Crème Pie
27 Veal with Parmesan Sauce Orange Juice 6 oz. Green Peas Noodles LD Oatmeal Cookie	28 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) LD Star Crunch	29 Meatballs Brown Gravy Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Pears	30 Hearty Pork Stew Green Beans Steamed Cabbage Whole Wheat Bread (1) Mixed Fruit	31 Chicken Breast Fillet Honey Mustard Sauce Carrots Rosemary Potatoes Whole Wheat Bread (1) Fruit & Grain Bar

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

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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL		1 CAL = 752.26 FAT = 4.81 G SODIUM = 1.76 MG FIBER = 4.85 G CARBS = 99.75 G CALCIUM = 510.99 MG	2 CAL = 667.12 FAT = 6.18 G SODIUM = 1.91 MG FIBER = 10.99 G CARBS = 87.07 G CALCIUM = 558.25 MG	3 CAL = 595.03 FAT = 1.38 G SODIUM = 0.91 MG FIBER = 3.77 G CARBS = 81.29 G CALCIUM = 344.64 MG
6 CAL = 729.47 FAT = 3.51 G SODIUM = 2.25 MG FIBER = 8.05 G CARBS = 92.81 G CALCIUM = 459.1 MG	7 CAL = 709.72 FAT = 3.5 G SODIUM = 2.07 MG FIBER = 11.57 G CARBS = 96.33 G CALCIUM = 639.79 MG	8 CAL = 586.17 FAT = 7.67 G SODIUM = 2.12 MG FIBER = 8.67 G CARBS = 67.48 G CALCIUM = 560.56 MG	9 CAL = 556.43 FAT = 2.25 G SODIUM = 1.37 MG FIBER = 8.23 G CARBS = 75.71 G CALCIUM = 520.5 MG	10 CAL = 646.72 FAT = 2.76 G SODIUM = 1.43 MG FIBER = 7.82 G CARBS = 80.19 G CALCIUM = 455.05 MG
13 CAL = 711.32 FAT = 3.43 G SODIUM = 2.03 MG FIBER = 6.92 G CARBS = 91.74 G CALCIUM = 426.42 MG	14 CAL = 703.04 FAT = 3.96 G SODIUM = 2.94 MG FIBER = 7.27 G CARBS = 78.18 G CALCIUM = 603.5 MG	15 CAL = 549.35 FAT = 5.65 G SODIUM = 1.09 MG FIBER = 6.54 G CARBS = 71.91 G CALCIUM = 384.15 MG	16 CAL = 549.84 FAT = 1.41 G SODIUM = 1.11 MG FIBER = 9.43 G CARBS = 69.47 G CALCIUM = 390.41 MG	17 CAL = 661.49 FAT = 1.6 G SODIUM = 1.25 MG FIBER = 10.49 G CARBS = 91.31 G CALCIUM = 389.7 MG
20 CAL = 604.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 8.33 G CARBS = 75.32 G CALCIUM = 468.21 MG	21 CAL = 584.5 FAT = 1.44 G SODIUM = 1.23 MG FIBER = 11.22 G CARBS = 75.48 G CALCIUM = 387.26 MG	22 CAL = 639.51 FAT = 1.78 G SODIUM = 1.28 MG FIBER = 9.88 G CARBS = 89.05 G CALCIUM = 438.18 MG	23 CAL = 893.14 FAT = 8.98 G SODIUM = 2.31 MG FIBER = 4.46 G CARBS = 117.99 G CALCIUM = 571.33 MG	24 CAL = 699.99 FAT = 1.46 G SODIUM = 1.84 MG FIBER = 10.31 G CARBS = 91.48 G CALCIUM = 491.77 MG
27 CAL = 801.05 FAT = 7.01 G SODIUM = 1.6 MG FIBER = 11.15 G CARBS = 111.93 G CALCIUM = 536.95 MG	28 CAL = 604.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 8.33 G CARBS = 75.32 G CALCIUM = 468.21 MG	29 CAL = 731.5 FAT = 2.08 G SODIUM = 1.98 MG FIBER = 9.95 G CARBS = 88.71 G CALCIUM = 475.01 MG	30 CAL = 603.2 FAT = 8.72 G SODIUM = 1.88 MG FIBER = 7.72 G CARBS = 62.19 G CALCIUM = 566.79 MG	31 CAL = 618.27 FAT = 3.65 G SODIUM = 1.73 MG FIBER = 8.22 G CARBS = 83.67 G CALCIUM = 481.77 MG

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