

JUNE 2024



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/3 Hawaiian Chicken Cream of Spinach Soup <u>Peas & Carrots</u> Macaroni Salad C Fresh Orange	6/4 Meatloaf w/Gravy C Mashed Potatoes Green Beans Whole Wheat Roll w/Butter Fruited Gelatin	6/5 Turkey & Swiss Cheese Sandwich on WW Bread Lettuce, Tomato, Onion Mustard & Mayonnaise C Mushroom Barley Soup 4 Bean Salad w/ <u>Carrots</u> C Citrus Fruit	6/6 Baked Tilapia w/Creamy Florentine Sauce Stewed Tomatoes C California Vegetables Confetti Brown Rice Seasonal Fresh Fruit Sherbet	6/7 + Hot Dog w/Cheese, Onions, Ketchup, and Mustard Potato Salad <u>Carrot Raisin Salad</u> WG Hot Dog Bun C Juice Marble Cake
6/10 Sloppy Joe (Beef/Turkey) on a Whole Wheat Bun C Brussels Sprouts Whole Kernel Corn Seasonal Fresh Fruit Pudding	6/11 Breaded Fish w/Lemon and Tartar Sauce Chicken & Rice Soup Cheesy Scalloped Potatoes <u>Mixed Vegetables</u> Roll w/Butter C Tropical Fruit	6/12 Beef Stroganoff w/Whole Grain Penne C Broccoli Tossed Salad w/Dressing Seasonal Fresh Fruit	6/13 BBQ Pork Riblet Hearty Vegetable Soup C Mashed Potatoes <u>Bean Medley</u> Whole Wheat Roll w/Butter Applesauce	6/14 FATHERS DAY Oven Fried Chicken Macaroni & Cheese C Fiesta Vegetables <u>Spinach</u> Seasonal Fresh Fruit Cookie
6/17 Beer Battered Fish w/Tartar Sauce, Vinegar Potato Wedges C Broccoli <u>Carrot Slaw</u> Seasonal Fresh Fruit Brownie	6/18 Turkey Tzatziki Salad on Greens Cream of Cauliflower Soup Whole Wheat Roll w/Butter C Mandarin Oranges	6/19 JUNETEENTH HOLIDAY	6/20 Spaghetti w/Meat Sauce and Parmesan Cheese C Cauliflower <u>Spinach Salad</u> w/Dressing Seasonal Fresh Fruit	6/21 + Ham & Swiss Cheese Sandwich w/Lettuce, Tomato, Onion, Mayo, and Mustard Split Pea Soup C Pineapple Coleslaw <u>Apricots</u>
6/24 Sesame Pork Bok Choy Soup Confetti Brown Rice C Cabbage Seasonal Fresh Fruit Ice Cream	6/25 Beef Chili w/Beans and Shredded Cheese Cornbread w/Butter <u>Carrots</u> Mixed Green Salad w/Dressing C Juice Cookie	6/26 Breaded Pollock Sandwich w/Lettuce, Cheese, & Tartar Sauce on a Whole Wheat Bun Corn Chowder <u>Italian Vegetables</u> C Tropical Fruit	6/27 Chicken Thigh with Cran-Orange Sauce Whole Grain Garlic Pasta <u>Scandinavian Vegetables</u> Tossed Salad w/Dressing C Citrus Fruit	6/28 Turkey Burger w/Cheese, Lettuce, Tomato, and Onion Mustard, Mayonnaise Whole Grain Bun C Marinated Broccoli Salad Ranch Beans Seasonal Fresh Fruit

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CHICKEN CAESAR SALAD).

— Vitamin A

+ Higher in sodium

C Vitamin C