



JUNE | 2018

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>				
<p>4 Power Salad Raisins Wheat Bread Margarine Fat Free Ranch Dressing 5</p>	<p>5 Ambrosia Carrot & Celery Sticks Muffin 7</p>	<p>6 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6</p>	<p>7 Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Fat Free Italian Dressing 7</p>	<p>1 Oriental Chicken Beets Banana Sesame Ginger Dressing 5</p>
<p>11 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>12 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>13 Apple Almond Salad Carrot and Celery Sticks Roll 5</p>	<p>14 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4</p>	<p>8 BLT Club Salad Applesauce Dinner Roll Cucumber Slices Fat Free French dressing 5</p>
<p>18 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5</p>	<p>19 Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6</p>	<p>20 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>21 Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6</p>	<p>15 Loaded Spinach Fresh Orange Fat Free French Dressing 4</p>
<p>25 Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4</p>	<p>26 Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p>	<p>27 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p>28 Fresh Fruit Plate Cottage Cheese Sweet Bread Cake 5</p>	<p>22 Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>
				<p>29 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>

News

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

Special Events

June 15: Elder Abuse Awareness Day

June 28: Birthday Celebration



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