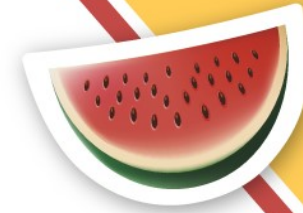


JUNE | 2023

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 *** 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>31</p>	<p>1 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p>2 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>
<p>5 Hamburger Hamburger Bun Red Skin Potatoes Broccoli Diced Pears 6</p>	<p>6 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p>	<p>7 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8</p>	<p>8 Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce 4</p>	<p>9 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Wheat Bread/Margarine 6</p>
<p>12 Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8</p>	<p>13 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>14 Pork Chops & Gravy Mashed Potato Corn Peaches Wheat Bread/Margarine 5</p>	<p>15 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7</p>	<p>16 Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p>19 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>	<p>20 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p>21 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Margarine 7</p>	<p>22 Cabbage Roll Au Gratin Potatoes Peas & Carrots Applesauce Birthday Cake 6</p>	<p>23 Frittata Red Roasted Potatoes Succotash Apricots 6</p>
<p>26 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6</p>	<p>27 Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>	<p>28 Pork BBQ Wheat Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p>29 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p>	<p>30 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

6-22 Birthday Celebration



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