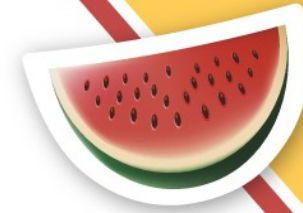


# JUNE | 2023

## Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>29</b> *** 1 carb count = 15g of carbohydrates</p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b> Apple Almond Salad Carrot &amp; Celery Sticks Dinner Roll/Margarine 5</p>	<p><b>2</b> Chicken Fruit Salad Cherry Tomatoes Apricots Wheat Bread/Margarine FF Ranch Dressing 4</p>
<p><b>9</b> Loaded Spinach Salad Diced Pears Rye Bread/Margarine Banana FF French Dressing 6</p>	<p><b>6</b> Turkey Pasta Salad Cucumber Slices Raisins 4</p>	<p><b>7</b> Chef Salad Diced Pears Wheat Bread FF Raspberry Vinaigrette Dressing 5</p>	<p><b>8</b> Buffalo Chicken Salad Mandarin Oranges Dinner Roll/Margarine FF Ranch Dressing 6</p>	<p><b>9</b> Creamy Fruit Salad Carrot &amp; Celery Sticks Sweet Bread 6</p>
<p><b>12</b> Chicken Spinach Salad Pineapple Tidbits Three Beans Salad FF Ranch Dressing 4</p>	<p><b>13</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p><b>14</b> Caramel Apple Salad Carrot &amp; Celery Sticks Beets Orange Juice 6</p>	<p><b>15</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p><b>16</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p><b>19</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p><b>20</b> Calypso Salad Peaches Wheat Roll/Margarine Raspberry Vinaigrette Dressing 5</p>	<p><b>21</b> Crab Pasta Salad Carrot &amp; Celery Sticks Raisins 7</p>	<p><b>22</b> Cottage Cheese &amp; Fruit Cherry Tomatoes Fruited Yogurt Crackers Birthday Cake 7</p>	<p><b>23</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>
<p><b>26</b> Walnut Pear Salad Carrot &amp; Celery Sticks Fruited Yogurt Raspberry Vinaigrette Dressing 6</p>	<p><b>27</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p><b>28</b> Beef &amp; Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p><b>29</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5</p>	<p><b>30</b> Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4</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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