

June 2019

Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>3</p> <p>Oven Baked Chicken Southern Rice Spinach Wh. Grain Bread Grape Juice</p> | <p>4</p> <p>Beef Patty w/ Brown Gravy Mashed Potatoes Rutabaga/Red Pepper Wh. Grain Bread Raisins</p> | <p>5</p> <p>Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit</p> | <p>6</p> <p>Macaroni & Beef Casserole Spinach California Vegetables Wh. Grain Bread Applesauce</p> | <p>7</p> <p>Sliced Turkey w/ Country Pepper Gravy Green Beans w/ Almonds Wh. Grain Bread Pear Cup</p> |
| <p>10</p> <p>Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce</p> | <p>11</p> <p>Baked Chicken Yellow Rice Green Beans w/ Red Pepper Wh. Grain Bread Apple Juice</p> | <p>12</p> <p>Egg Salad Carrot Raisin Salad Tomato & Lettuce Wh. Wheat Bread Fresh Fruit Grape Juice</p> | <p>13</p> <p>Meatloaf w/ Sofrito Diced Potatoes Butternut Squash Wh. Wheat Roll Pineapple Cup</p> | <p>14</p> <p>Whole Grain Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Orange Cup Wh. Grain Bread</p> |
| <p>17</p> <p>Turkey & Cheese Lasagna Broccoli, Cauliflower, Bean Medley Wh. Grain Bread Strawberry Applesauce</p> | <p>18</p> <p>Hamburger Patty Potato Wedges Carrots Graham Crackers Blended Juice</p> | <p>19</p> <p>Chicken Teriyaki Brown Rice w/ Stir Fry Vegetables Gingered Carrots Wh. Grain Bread Pineapple Cup</p> | <p>20</p> <p>Southern Style Pollock Nuggets Cheesy Potatoes Carrots Wh. Grain Bread Pineapple Juice</p> | <p>21</p> <p>Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit</p> |
| <p>24</p> <p>Sliced Turkey w/Cornbread Dressing & Gravy Butternut Squash Flat Beans Wh. Grain Bread Mixed Fruit Cup</p> | <p>25</p> <p>Batter Dipped Fish Nuggets Garlic Mashed Potatoes Carrots Wh. Grain Bread Mandarin Orange Cup</p> | <p>26</p> <p>Arroz Con Pollo Yellow Rice Mexicali Corn Wh. Grain Bread Pear Cup</p> | <p>27</p> <p>Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce</p> | <p>28</p> <p>Beef Patty w/ Pizzaioli Sauce Pineapple Mandarin Fruit Green Beans Wh. Grain Bread Blended Juice</p> |
| <p>Low Fat Milk Available With Each Meal</p> | | | | |

Dana Gardner 5/19/19

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.