

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Low Fat Milk Available With Each Meal		1 Beef Cabbage Casserole Lima Beans Sliced Carrots Wheat Bread Fresh Fruit	2 Chicken Salad Garbanzo Bean Salad Lettuce/Tomato Pita Bread Fresh Fruit	3 Turkey Ham/Mac & Cheese Black-eyed Peas Turnip Greens Cornbread Fresh Fruit
6 Chicken Noodle Casserole Brussels Sprouts Whole Kernel Corn Wheat Bread Fruit Cup	7 Creole Meatballs Parslied Rice Peas & Carrots Wheat Bread Fresh Fruit	8 Mushroom Chicken Northern Beans Mixed Greens Dinner Roll Fresh Fruit	9 BBQ Rib Patty Whipped Potatoes Garden Vegetables Dinner Roll Fresh Fruit	10 Hamburger Patty Baked Navy Beans Tomato/Lettuce Hamburger Bun Mixed Fruit Cobbler
13 Parmesan Chicken Penne/Tomatoes Green Beans/Red Peppers Dinner Roll Fruit Cup	14 Savory Beef Casserole Green Peas Tossed Salad Wheat Bread Hot Spiced Apples	15 Cheese Omelet Grits Spinach Biscuit Fresh Fruit	16 Smothered Chicken Whipped Potatoes Broccoli & Carrots Dinner Roll Fresh Fruit	17 Taco Meat Pinto Beans Mexican Rice Lettuce & Tomatoes Shredded Cheese Flour Tortilla Fresh Fruit
20 Closed Juneteenth Holiday 	21 Honey Baked Chicken Garlic Whipped Potatoes Spring Vegetables Wheat Bread Fresh Fruit	22 Pork Sausage Mixed Beans Collard Greens Hot Dog Bun Fresh Fruit	23 Chicken Rice Casserole Italian Green Beans Whole Kernel Corn Fresh Fruit Wheat Bread	24 Smothered Meatballs Rotini Noodles Tuscany Vegetables Dinner Roll Fresh Fruit
27 Chopped Steak/Gravy Delmonico Potatoes Mixed Vegetables Wheat Bread Fruit Cup	28 Lemon Pepper Chicken Whole Kernel Corn Broccoli Dinner Roll Fresh Fruit	29 Beef Cabbage Casserole Lima Beans Sliced Carrots Wheat Bread Fresh Fruit	30 Chicken Salad Garbanzo Bean Salad Lettuce/Tomato Pita Bread Fresh Fruit	

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