

# JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday																
<p><b>Nutrition Facts</b></p> <table border="0"> <tr> <td><b>Average Per Meal</b></td> <td><b>% Daily Value*</b></td> </tr> <tr> <td>Calories 580</td> <td></td> </tr> <tr> <td>Total Fat 19g</td> <td>29%</td> </tr> <tr> <td>Cholesterol 90mg</td> <td>30%</td> </tr> <tr> <td>Sodium 640mg</td> <td>27%</td> </tr> <tr> <td>Total Carbohydrate 63g</td> <td>21%</td> </tr> <tr> <td>Dietary Fiber 7gm</td> <td>27%</td> </tr> <tr> <td>Protein</td> <td>40g</td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet.</p>				<b>Average Per Meal</b>	<b>% Daily Value*</b>	Calories 580		Total Fat 19g	29%	Cholesterol 90mg	30%	Sodium 640mg	27%	Total Carbohydrate 63g	21%	Dietary Fiber 7gm	27%	Protein	40g	<p>1 Cheeseburger w/Peppers &amp; Onions Roasted Potatoes Peas Hamburger Roll Apricots</p>
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<p>4 Sweet &amp; Sour Meatballs Over Noodles Broccoli Whole Wheat Bread Cookie*</p>	<p>5 Spinach &amp; Mushroom Quiche Home Fries Fruit Juice Fruit Muffin Chunky Cinnamon Applesauce</p>	<p>6 Tuscan Chicken w/ Penne Carrots Whole Wheat Bread Fruit Cup w/ Melon</p>	<p>7 Meatloaf w/Swiss Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Banana Pudding</p>	<p>8 <b><u>COLD PLATE</u></b> Tuna-Mac-Salad Black Bean &amp; Corn Salad Dinner Roll Fruited Jell-O w/Topping*</p>																
<p>11 Rib B Que Scalloped Potatoes Green Beans Whole Wheat Bread Tropical Fruit Cup</p>	<p>12 Greek Lemon Chicken Rice Pilaf Broccoli Whole Wheat Bread Chilled Peaches</p>	<p>13 Lasagna Roll Up Spinach Juice Italian Bread Vanilla Pudding w/Topping*</p>	<p>14 <b><u>HAPPY FATHER'S DAY</u></b> Sliced Beef w/Gravy Mashed Potatoes Peas w/Pearl Onions Fancy Dinner Roll Chocolate Mayo Cake</p>	<p>15 Spanish Rice Wax Beans Tossed Salad Italian Bread Fresh Orange</p>																
<p>18 Fishwich Mac &amp; Cheese Stewed Tomato Hamburger Bun Cinnamon Pears</p>	<p>19 Sliced Ham w/Fruit Sauce Sweet Potatoes Cauliflower Rye Bread Strawberry Shortcake</p>	<p>20 Goulash Italian Vegetable Blend H.B.-Juice <b>CONG.</b> Tossed Salad Italian Bread &amp; Cookie*</p>	<p>21 <b><u>COLD PLATE</u></b> Chicken Rice Soup Egg Salad [4 oz.] Confetti Broccoli Salad Whole Wheat Bread Orange Cake*</p>	<p>22 Pulled Pork Sandwich Tater Tots Cole Slaw Hamburger Bun Melon Cup Medley</p>																
<p>25 Bratwurst Parslied Potatoes Cabbage &amp; Carrots Rye Bread Peaches</p>	<p>26 Bruschetta Chicken over Pasta Italian Blend Vegetables Italian Bread Fruit Cup</p>	<p>27 <b><u>HAPPY BIRTHDAY</u></b> Sliced Turkey w/Gravy Sweet Potatoes Brussel Sprouts Dinner Roll Birthday Cake w/Frosting*</p>	<p>28 Salisbury Steak w/ Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Assorted Pudding*</p>	<p>29 Mexican Meatball Soup Popcorn Chicken Tex-Mex Pasta Salad Corn Bread Fresh Fruit</p>																