

# MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Nutrition Facts</b>  <b>Average Per Meal</b>      <b>% Daily Value*</b>            Calories 600            Total Fat 17g      27%            Cholesterol 90mg      30%            Sodium 670mg      28%            Total Carbohydrate 89g      30%            Dietary Fiber 8gm      33%            Protein 24g *Percent Daily Values are based on a 2,000 calorie diet</p>	<p><b>1</b> Sausage w/ Peppers &amp; Onions            Oven Brown Potatoes            Italian Green Beans            Italian Bread            Lemon Pudding w/Topping*</p>	<p><b>2</b> Cheeseburger            Tater Tots            Peas &amp; Onions            Fruit Juice            Diced Peaches &amp; Strawberries</p>	<p><b>3</b> Tuna Noodle Casserole            Stewed Tomatoes            Green Salad            Whole Wheat Bread            Fruit Cocktail</p>	<p><b>4</b> Beef Barley Soup            Chicken Salad            Four Bean Salad w/Broccoli            Whole Wheat Bread            Fresh Fruit</p>
<p><b>7</b> Kielbasa w/Mustard            Cabbage/Carrots            Boiled Potatoes            Rye Bread            Asst. Pudding w/Topping*</p>	<p><b>8</b> Baked Chicken w/ Supreme Sauce            Fluffy Rice            Broccoli Florets            Whole Wheat Bread            Cookie*</p>	<p><b>9</b> Macaroni &amp; Cheese            Zucchini &amp; Tomatoes            Fruit Juice            Whole Wheat Bread            Peaches</p>	<p><b>10</b> Meatloaf with Gravy            Mashed Potatoes            Peas            Whole Wheat Bread            Sl. Pears</p>	<p><b>11</b> <u><b>MOTHER'S DAY</b></u>            Vegetable Lasagna            Dill Carrots            Green Salad w/Dressing            Dinner Roll            Lemon Cake*</p>
<p><b>14</b> Sweet n Sour Chicken            Over Rice            Oriental Veg            Whole Wheat Bread            Mandarin Oranges</p>	<p><b>15</b> Swedish Meatballs            Seasoned Noodles            Mixed Vegetables            Whole Wheat Bread            Pineapple Tidbits</p>	<p><b>16</b> Oven Brown Fish            Oven Brown Potatoes            Zucchini, Carrots &amp; Red Peppers            Dinner Roll            Lemon Mousse*</p>	<p><b>17</b> Potato Corn Chowder            Crispy Chicken Breast Sandwich            Broccoli Salad            Hamburg Roll            Fruited Jell o w/Topping*</p>	<p><b>18</b> Salisbury Steak w/gravy            Mashed Potato            Green Beans &amp; Chick Peas            Whole Wheat Bread            Banana Pudding</p>
<p><b>21</b> Chicken Cacciatore over Rice            Italian Blend Vegetables            Italian Bread            Sl. Pears</p>	<p><b>22</b> BBQ Ribs            Baked Potato            Carrots            Whole Wheat Bread            Cookie*</p>	<p><b>23</b> Broccoli &amp; Cheese Quiche            Home Fries            Seasoned Greens            Biscuit            Tropical Fruit Cup</p>	<p><b>24</b> <u><b>HAPPY BIRTHDAY</b></u>            Sl. Ham w/ Pineapple Glaze            Sweet Potatoes            Cauliflower            Rye Bread            Birthday Cake w/Frosting</p>	<p><b>25</b> <u><b>COLD PLATE</b></u>            Seafood Salad            On a bed of Lettuce            Marinated Pasta Salad            Dinner Roll            Vanilla Pudding w/Fruit</p>
<p><b>28</b>          <b>CLOSED</b></p>	<p><b>29</b> <u><b>SPRING PICNIC</b></u>            Hot Dog            Fiesta Corn            Cowboy Baked Beans            Hot Dog Roll            Fruit Cup            W/Strawberries</p>	<p><b>30</b> Goulash            Italian Green Beans            Italian Bread            Peaches</p>	<p><b>31</b> Turkey Tetrazzini            Broccoli            Fruit Juice            Whole Wheat Bread            Chocolate Pudding</p>	