


MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Facts Average Per Meal Calories 600 Total Fat 17g Cholesterol 90mg Sodium 670mg Total Carbohydrate 89g Dietary Fiber 8g Protein 24g * Daily values are based on a 2,000</p>	<p>% Daily Value* 27% 30% 28% 30% 33%</p> <p>calorie diet.</p>	<p>1 Kielbasa w/Mustard Cabbage/Carrots Boiled Potatoes Rye Bread Asst. Pudding w/Topping*</p>	<p>2 Cheese Burger Tater Tots Diced Beets Fruit Juice Hamburg Roll Diced Peaches & Strawberries</p>	<p>3 Beef Barley Soup Chicken Salad Four Bean Salad w/Broccoli Whole Wheat Bread Fresh Fruit</p>
<p>6 Sausage W/Peppers & Onions Oven Brown Potatoes Italian Green Beans Italian Bread Lemon Pudding w/Topping</p>	<p>7 Macaroni & Cheese Zucchini & Tomatoes Fruit Juice Whole Wheat Bread Peaches</p>	<p>8 Oven Brown Fish Scalloped Potatoes Zucchini, Carrots & Red Peppers Dinner Roll Lemon Mousse*</p>	<p>9 Salisbury Steak w/Gravy Mashed Potatoes Peas Whole Wheat Bread Sliced Pears</p>	<p>10 MOTHER'S DAY Chicken Breast w/Supreme Sauce Fluffy Rice Glazed Baby Carrots Green Salad w/Dressing Dinner Roll Lemon Cake*</p>
<p>13 Sweet N Sour Chicken Over Rice Oriental Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>14 Swedish Meatballs Seasoned Noodles Hubbard Squash Whole Wheat Bread Pineapple Tidbits</p>	<p>15 Lasagna Roll up w/Meat sauce Italian Blend Vegetables Italian Bread Banana Pudding*</p>	<p>16 Potato Corn Chowder Crispy Chicken Breast Sandwich Broccoli Salad Hamburg Roll Fruited Jell o w/Topping*</p>	<p>17 Meat Loaf w/Gravy Mashed Potatoes Green Beans & Chick Peas Whole Wheat Bread Fresh Fruit</p>
<p>20 BBQ Ribs Baked Potato Seasoned Greens Whole Wheat Bread Cookie*</p>	<p>21 Chicken Cacciatore Over Rice Italian Blend Vegetables Italian Bread Sliced Pears</p>	<p>22 Broccoli & Cheese Quiche Home Fries Seasoned Greens Biscuit Tropical Fruit Cup</p>	<p>23 HAPPY BIRTHDAY Sl. Ham w/ Pineapple Glaze Sweet Potatoes Cauliflower Rye Bread Birthday Cake w/Frosting*</p>	<p>24 COLD PLATE Seafood Salad On a bed of Lettuce Marinated Pasta Salad Dinner Roll Vanilla Pudding w/Fruit*</p>
<p>27 CLOSED </p>	<p>28 SPRING PICNIC Beef Hot Dog Fiesta Corn Cowboy Baked Beans Hot Dog Roll Fruit Cup W/Strawberries</p>	<p>29 Goulash Italian Green Beans Fruit Juice Italian Bread Chocolate Pudding*</p>	<p>30 Sl. Turkey w/Gravy Sweet Potatoes Cauliflower Whole Wheat Bread Sl. Peaches</p>	<p>31</p>