



JUNE 2022



Monday	Tuesday	Wednesday	Thursday	Friday																		
<p>Nutrient Facts</p> <table border="1"> <thead> <tr> <th>Average Per Meal</th> <th>% daily value</th> </tr> </thead> <tbody> <tr> <td>Calories 749</td> <td></td> </tr> <tr> <td>Total Fat (g) 35</td> <td>44%</td> </tr> <tr> <td>Protein (g) 35</td> <td>70%</td> </tr> <tr> <td>Carbohydrates (g) 77</td> <td>28%</td> </tr> <tr> <td>Cholesterol (mg) 138</td> <td>46%</td> </tr> <tr> <td>Sodium (mg) 1018</td> <td>44%</td> </tr> <tr> <td>Dietary Fiber (g) 7</td> <td>24%</td> </tr> <tr> <td>Added Sugars (g) 7</td> <td>13%</td> </tr> </tbody> </table> <p><i>*Percent Daily Values are based on a 2,000 calorie diet.</i></p>	Average Per Meal	% daily value	Calories 749		Total Fat (g) 35	44%	Protein (g) 35	70%	Carbohydrates (g) 77	28%	Cholesterol (mg) 138	46%	Sodium (mg) 1018	44%	Dietary Fiber (g) 7	24%	Added Sugars (g) 7	13%		<p>1 Chicken Cacciatore w/Beans Rice Carrots White Bread Fresh Fruit</p>	<p>2 Scrambled Eggs w/ Red Peppers/Onions & Cheese Potato Coins Spinach Wheat Bread Cookie*</p>	<p>3 Sliced Pork w/Gravy Mashed Potatoes Green Beans Wheat Bread Apple Sauce</p>
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<p>6 Goulash Brussel Sprouts Juice Wheat Bread Chocolate Pudding*</p>	<p>7 Chicken Alfredo over Pasta Broccoli Wheat Bread Apple Sauce</p>	<p>8 Beef Hot Dog Baked Beans Cabbage & Carrots Wheat Bread Fresh Fruit</p>	<p>9 Chicken Thigh w/Gravy Mashed Potatoes Corn Wheat Bread Cookie*</p>	<p>10 Oven Brown Fish Home Fries Peas Wheat Bread Fresh Fruit</p>																		
<p>13 Chicken Sandwich w/Cheese Oven Brown Potatoes Carrots Hamburger Bun Pudding*</p>	<p>14 Swedish Meatballs over Noodles Hubbard Squash Wheat Bread Fresh Fruit</p>	<p>15 Tomato Florentine Soup Fish Nuggets Juice Wheat Bread Cookie*</p>	<p>16 Spanish Rice Cauliflower Wheat Bread Warm Fruit Crisp</p>	<p>17 Rib B Que Sweet Potatoes Mixed Vegetables Wheat Bread Apple Sauce</p>																		
<p>20 BBQ Chicken Macaroni & Cheese Broccoli Wheat Bread Apple Sauce</p>	<p>21 Italian Sausage w/Peppers/Onions Tater Tots Green Beans Wheat Bread Fresh Fruit</p>	<p>22 Salisbury Steak w/Gravy Mashed Potatoes Harvard Beets Wheat Bread Cookie*</p>	<p>23 Tuna Noodle Casserole Dill Carrots Juice Wheat Bread Pudding*</p>	<p>24 Sliced Turkey w/Gravy Stuffing Green Beans Wheat Bread Fresh Fruit</p>																		
<p>27 Chicken Noodle Soup Chicken Nuggets Sliced Carrots Wheat Bread Yogurt w/Fruit</p>	<p>28 Spinach Quiche Tater Tots Wheat Bread Fresh Fruit</p>	<p>29 Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit</p>	<p>30 Sweet & Sour Meatballs Brown Rice Cauliflower Wheat Bread Fresh Fruit</p>																			

