



JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sweet & Sour Meatballs Rice Broccoli Whole Wheat Bread Cookie*	4 Chicken Delicious Carrots Italian Bread Tropical Fruit	5 Spinach & Mushroom Quiche Home Fries Muffin Cinnamon Applesauce	6 Meatloaf w/ Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Banana Pudding*	7 <u>COLD PLATE</u> Tuna-Mac-Salad Black Bean & Corn Salad Dinner Roll Lemon Cake*
10 Rib B Que Sweet Potatoes Green Beans Whole Wheat Bread Tropical Fruit Cup	11 Beef Stew Tossed Salad Biscuit Warm Fruit Crisp	12 Manicotti Summer Squash Juice Italian Bread Vanilla Pudding w/Topping*	13 <u>HAPPY FATHER'S DAY</u> Sliced Pork w/Gravy Mashed Potatoes Peas & Onions Fancy Dinner Roll Chocolate Cake w/Frosting*	14 Greek Lemon Chicken Rice Pilaf Broccoli Whole Wheat Bread Chilled Peaches
17 Goulash Brussel Sprouts Tossed Salad Italian Bread Fresh Fruit	18 Sliced Ham w/Fruit Sauce Scalloped Potatoes Spinach Rye Bread Cookie*	19 Fishwich Tater Tots Stewed Tomato Hamburger Bun Cinnamon Pears	20 <u>COLD PLATE</u> Egg Salad [4 oz] Tortellini Vegetable Salad Three Bean Salad Whole Wheat Bread	21 Swedish Meatballs over Noodles Hubbard Squash Whole Wheat Bread Butterscotch Pudding*
24 Bruschetta Chicken over Pasta Italian Blend Vegetables Italian Bread Fruit Cup	25 Salisbury Steak w/ Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Asst. Pudding	26 <u>HAPPY BIRTHDAY</u> Sliced Turkey w/Gravy Stuffing Corn Dinner Roll Birthday Cake w/ Frosting*	27 Bratwurst Parslied Potatoes Cabbage & Carrots Rye Bread Peaches	28 Spanish Rice Wax Beans Tossed Salad Italian Bread Fresh Fruit

Nutrition Facts

Average Per Meal **% Daily Value***

Calories 580
Total Fat 19g 29%
Cholesterol 90mg 30%
Sodium 640mg 27
Total Carbohydrate 63g 21%
Dietary Fiber 7gm 27%
Protein 40g

*Percent Daily Values are based on a 2,000 calorie diet.

**FATHER'S
DAY**

