June, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK			**1** Sliced Ham Pineapple Sauce Seasoned Collard Greens White Beans Cornbread Fresh Banana	**2** Chicken Salad Green Pea Salad Green Garden Salad (1 cup) Whole Wheat Bread (2sl) Mandarin Oranges Fat-Free Italian Dressing
5 Beef Patty Pepper & Onion Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Sugar Cookie	**6** Chicken Teriyaki Cauliflower Carrots Whole Wheat Roll Fruit & Grain Bar	**7** Egg Salad Green Garden Salad (1 cup) Pasta Vegetable Salad (1 cup) Whole Wheat Bread (2sl) Variety Moon Pie Fat Free Ranch Dressing	**8** Smothered Chicken Chantilly Potatoes Green Peas Whole Wheat Bread Fresh Fruit	**9** Beef Tips w/Orange Sauce Oriental Blend Vegetables Steamed Rice Whole Wheat Roll Pineapple Tidbits
12 Chicken Breast Fillet Country Gravy Steamed Spinach Parsley Potatoes White Bread Fresh Orange	**13** Beef Macaroni w/Tomato Corn O'Brien Italian Blend Vegetables Whole Wheat Roll LD Fudge Round	**14** Roast Pork Pork Gravy Seasoned Turnip Greens Pinto Beans Cornbread Dt. Orange Gelatin	**15** Hamburger American Cheese Baked Beans Lettuce/Tomato/Onion Hamburger Bun Diet Pear Cobbler	**16** Swiss Style Beef Patty Chantilly Potatoes Glazed Carrots Whole Wheat Roll Banana Chocolate Chip Bar Margarine
19 Meatballs Brown Gravy Whipped Sweet Potatoes Green Peas Whole Wheat Bread Variety Moon Pie	**20** Hot Dog w/ Chili Chuckwagon Corn Apple Confetti Cole Slaw Hot Dog Bun Apple Cobbler	**21** Turkey Chef Salad Four Bean Salad Saltine Crackers Chocolate Pudding Fat Free Ranch Dressing	**22** BBQ Chicken Mustard Greens Carrots Cornbread Fresh Fruit	**23** Roast Beef Mushroom Gravy Mashed Potatoes Green Beans w/ Red Peppers Whole Wheat Bread Birthday Cake
26 BBQ Pulled Pork BBQ Sauce Green Beans Whole Kernel Corn Hamburger Bun Nutty Bar	**27** Chicken Breast Fillet Poultry Gravy Mashed Potatoes Steamed Spinach White Dinner Roll Strawberry Delight Cookie	**28** Hamburger Baked Beans Lettuce/Tomato/Onion Hamburger Bun Peach Cobbler	**29** Sliced Ham Pineapple Sauce Seasoned Collard Greens White Beans Cornbread Fresh Banana	**30** Chicken Salad Green Pea Salad Green Garden Salad (1 cup) Whole Wheat Bread (2sl) Mandarin Oranges Fat-Free Italian Dressing

****ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE ****

June, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL			**1** CAL = **700.25** FAT = **18.75 G** SODIUM = **1148.54 MG** FIBER = **17.6 G** CARBS = **104.85 G** CALCIUM = **683.54 MG**	**2** CAL = **779.04** FAT = **28.7 G** SODIUM = **939.9 MG** FIBER = **11.04 G** CARBS = **90.69 G** CALCIUM = **444.14 MG**
5 CAL = **862.47** FAT = **30.83 G** SODIUM = **761.69 MG** FIBER = **9.06 G** CARBS = **96.67 G** CALCIUM = **500.08 MG**	**6** CAL = **627.85** FAT = **18.42 G** SODIUM = **709.41 MG** FIBER = **9.52 G** CARBS = **76.08 G** CALCIUM = **592.77 MG**	**7** CAL = **884.09** FAT = **31.56 G** SODIUM = **863.23 MG** FIBER = **10.1 G** CARBS = **119.15 G** CALCIUM = **443.32 MG**	**8** CAL = **691.62** FAT = **18.22 G** SODIUM = **764.27 MG** FIBER = **10.73 G** CARBS = **81.07 G** CALCIUM = **420.31 MG**	**9** CAL = **655.37** FAT = **15.6 G** SODIUM = **608.96 MG** FIBER = **7.57 G** CARBS = **88.52 G** CALCIUM = **407.6 MG**
12 CAL = **659** FAT = **18.38 G** SODIUM = **653.88 MG** FIBER = **9.96 G** CARBS = **77.69 G** CALCIUM = **674.86 MG**	**13** CAL = **807.53** FAT = **28.97 G** SODIUM = **751.2 MG** FIBER = **9.46 G** CARBS = **96.93 G** CALCIUM = **425.14 MG**	**14** CAL = **604.8** FAT = **17.65 G** SODIUM = **759.61 MG** FIBER = **10.12 G** CARBS = **65.7 G** CALCIUM = **604.11 MG**	**15** CAL = **833.23** FAT = **30.27 G** SODIUM = **1037.24 MG** FIBER = **14.24 G** CARBS = **96.15 G** CALCIUM = **554.5 MG**	**16** CAL = **830.96** FAT = **27.39 G** SODIUM = **1111.59 MG** FIBER = **10.26 G** CARBS = **103.65 G** CALCIUM = **431.07 MG**
19 CAL = **769.69** FAT = **23.7 G** SODIUM = **711.61 MG** FIBER = **11.98 G** CARBS = **105.42 G** CALCIUM = **381.11 MG**	**20** CAL = **801.23** FAT = **24.3 G** SODIUM = **909.78 MG** FIBER = **7.54 G** CARBS = **115.16 G** CALCIUM = **391.42 MG**	**21** CAL = **619.28** FAT = **22.93 G** SODIUM = **1160.43 MG** FIBER = **11.03 G** CARBS = **69.44 G** CALCIUM = **630.52 MG**	**22** CAL = **694.16** FAT = **21.17 G** SODIUM = **834.75 MG** FIBER = **9.71 G** CARBS = **88.05 G** CALCIUM = **576.28 MG**	**23** CAL = **893.53** FAT = **28.49 G** SODIUM = **849.93 MG** FIBER = **8.33 G** CARBS = **110.34 G** CALCIUM = **508.63 MG**
26 CAL = **721.56** FAT = **22.17 G** SODIUM = **736.93 MG** FIBER = **8.02 G** CARBS = **95.48 G** CALCIUM = **408.62 MG**	**27** CAL = **742.24** FAT = **18.67 G** SODIUM = **958.71 MG** FIBER = **7.21 G** CARBS = **92.94 G** CALCIUM = **627.46 MG**	**28** CAL = **794.07** FAT = **21.71 G** SODIUM = **843.53 MG** FIBER = **13.97 G** CARBS = **104.95 G** CALCIUM = **513.68 MG**	**29** CAL = **700.25** FAT = **18.75 G** SODIUM = **1148.54 MG** FIBER = **17.6 G** CARBS = **104.85 G** CALCIUM = **683.54 MG**	**30** CAL = **779.04** FAT = **28.7 G** SODIUM = **939.9 MG** FIBER = **11.04 G** CARBS = **90.69 G** CALCIUM = **444.14 MG**

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES