

June, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Jun mac & cheese - 1 cup pasta plus 4 oz cheese sauce, 2 oz chicken nuggets on peas and carrots - 1/2 cup, 8 oz skim fruit cup 1/2 cup,	2-Jun chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk	3-Jun chicken, brown rice and vegetables stir fry mandarin oranges 1/2 cup, 8 oz skim milk
6-Jun hash browns sausage pattys pancakes fruit	7-Jun meatloaf - 2 oz beef au gratin potatoes - 1/2 cup. 2 oz wheat bread peas - 1/2 cup, 8 oz skim milk 1/2 cup pears	8-Jun pizza puff garden salad, vegetable 1/2 cup banana	9-Jun turkey - 2 ounce, 1 oz sliced bread bread, 2 oz american cheese mac and cheese - 1/2 cup broccoli - 1/2 cup tropical fruit - 1/2 cup 8 oz skim milk	10-Jun chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk
13-Jun turkey sub - 2 ounce turkey, 2oz Wheat Bread baked potato- 1/2 cup buttered carrots - 1/2 cup 1/2 cup pineapple tidbits, 8 oz skim milk	14-Jun salisbury steak - 2 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	15-Jun turkey cheese quesadilla - 2 oz turkey, 1 oz american cheese, 2 oz tortilla sweet potato fries - 1/2 cup, 8 oz skim milk apple slices - 1/2 cup	16-Jun Sweet and Sour chicken - 2 ounce chicken, miscellaneous amounts of peppers, onions, sauce, pineapples rice 1/2 cup, mixed veggies 1/2 cup 1 oz wheat bread, 8 oz skim milk pears - 1/2 cup	17-Jun breaded chicken strips - 2.66 oz green beans - 1/2 cup, 8 oz skim milk 2 oz wheat bread, 1/2 cup tropical fruit steak fries - 1/2 cup
20-Jun shredded BBQ chicken - 2 oz chicken white rice 1/2 cup green beans 1/2 cup 1/2 banana, 1oz Wheat Bread, 8 oz skim milk	21-Jun turkey panini- 2 oz turkey, 2 ounce wheat bread, 1 oz american cheese broccoli - 1/2 cup, 8 oz skim milk pineapples 1/2 cup,	22-Jun turkey tetrazini 1 oz wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	23-Jun sloppy joe - 2 oz beef, 2 oz bun mashed pot - 1/2 cup, 8 oz skim milk mixed vegetables - 1/2 cup 1/2 cup mandarin oranges	24-Jun 3 ounce beef burger - 2 ounce bun steak fries - 1/2 cup, 8 oz skim milk brocc/cauliflower - 1/2 cup 1/2 cup applesauce
27-Jun 3 ounce beef burger - 2 ounce bun steak fries - 1/2 cup, 8 oz skim milk brocc/cauliflower - 1/2 cup 1/2 cup applesauce	28-Jun	29-Jun chicken parmesan - 1 cup pasta, 1/4 cup red sauce 2.66 ounce breaded chicken sweet peas 1/2 cup 1/2 cup tropical fruit, * chicken	30-Jun salisbury steak - 2 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	