



# June 2019

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <p><b>3</b></p> <ul style="list-style-type: none"> <li>• Cajun Spiced Tilapia</li> <li>• Mixed Vegetables</li> <li>• White Rice</li> <li>• Cantaloupe</li> <li>• Whole Wheat Roll w/ margarine</li> <li>• 1% Milk</li> </ul>   | <p><b>4</b></p> <ul style="list-style-type: none"> <li>• Greek Pasta Salad</li> <li>• Cucumber/Tomato Salad</li> <li>• Wheat Crackers</li> <li>• Grapes</li> <li>• 1% Milk</li> </ul>               | <p><b>5</b></p> <ul style="list-style-type: none"> <li>• Red Chili Omelet</li> <li>• Rosemary Potatoes</li> <li>• Stewed Tomatoes</li> <li>• Tortilla</li> <li>• Pineapple</li> <li>• 1% Milk</li> </ul>   | <p><b>6</b></p> <ul style="list-style-type: none"> <li>• Turkey Tetrazzini</li> <li>• Mixed Vegetables</li> <li>• Peas</li> <li>• Sherbet</li> <li>• 1% Milk</li> </ul>   | <p><b>7</b></p> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Dinner Roll w/ Margarine</li> <li>• Broccoli</li> <li>• Orange</li> <li>• 1% Milk</li> </ul>    |
| <p><b>10</b></p> <ul style="list-style-type: none"> <li>• Salisbury Steak w/ Mushroom Onion Gravy</li> <li>• Green Beans</li> <li>• Scalloped Potatoes</li> <li>• Dinner Roll w/ Margarine</li> <li>• Sliced Pears</li> <li>• 1% Milk</li> </ul>    | <p><b>11</b></p> <ul style="list-style-type: none"> <li>• BBQ Chicken Sandwich</li> <li>• Sweet Potato</li> <li>• Cornbread</li> <li>• Grapes</li> <li>• 1% Milk</li> </ul>    | <p><b>12</b></p> <ul style="list-style-type: none"> <li>• Spaghetti w/ Meat Sauce</li> <li>• Corn</li> <li>• Breadstick</li> <li>• Apple</li> <li>• 1% Milk</li> </ul>    | <p><b>13</b></p> <ul style="list-style-type: none"> <li>• Tossed Salad w/ Turkey, Strawberries and Mandarin Orange Low Fat Dressing</li> <li>• Orzo w/ Peppers</li> <li>• Wheat Crackers</li> <li>• 1% Milk</li> </ul>    | <p><b>14</b></p> <ul style="list-style-type: none"> <li>• Cheese Burger w/ Green Chili</li> <li>• Baked Beans</li> <li>• Steak Fries</li> <li>• Watermelon</li> <li>• 1% Milk</li> </ul>       |
| <p><b>17</b></p> <ul style="list-style-type: none"> <li>• Beef Tips over Noodles</li> <li>• Green Beans w/ Mushrooms</li> <li>• Sliced Wheat Bread w/ Margarine</li> <li>• Peach Cobbler</li> <li>• 1% Milk</li> </ul>                              | <p><b>18</b></p> <ul style="list-style-type: none"> <li>• Jerk Chicken</li> <li>• Collard Greens</li> <li>• Dirty Rice</li> <li>• Yogurt</li> <li>• Dinner Roll</li> <li>• 1% Milk</li> </ul>   | <p><b>19</b></p> <ul style="list-style-type: none"> <li>• Turkey Wrap w/ Avocado</li> <li>• Coleslaw</li> <li>• Cottage Cheese w/ Fruit</li> <li>• 1% Milk</li> </ul>   | <p><b>20</b></p> <ul style="list-style-type: none"> <li>• Red Beef Enchiladas</li> <li>• Pinto Beans</li> <li>• Spanish Rice</li> <li>• Pear</li> <li>• 1% Milk</li> </ul>   | <p><b>21</b></p> <ul style="list-style-type: none"> <li>• Pork Roast w/ Gravy</li> <li>• Steamed Carrots</li> <li>• Mashed Potatoes</li> <li>• Dinner Roll</li> <li>• Apple</li> <li>• 1% Milk</li> </ul>   |
| <p><b>24</b></p> <ul style="list-style-type: none"> <li>• Frito Pie</li> <li>• Corn Chips</li> <li>• Mexi Corn</li> <li>• Orange</li> <li>• 1% Milk</li> </ul>   | <p><b>25</b></p> <ul style="list-style-type: none"> <li>• Caesar Salad w/ Chicken</li> <li>• Croutons</li> <li>• 3 Bean Salad</li> <li>• Sliced Peaches</li> <li>• 1% Milk</li> </ul>    | <p><b>26</b></p> <ul style="list-style-type: none"> <li>• Pasta Pizza w/ Pepperoni &amp; Sausage</li> <li>• Imperial Blend</li> <li>• Garlic Bread Stick</li> <li>• Sliced Apricots</li> <li>• 1% Milk</li> </ul>   | <p><b>27</b></p> <ul style="list-style-type: none"> <li>• Salmon w/ Dill Sauce</li> <li>• Roasted Peppers</li> <li>• Lemon Brown Rice</li> <li>• Banana Pudding</li> <li>• 1% Milk</li> </ul>   | <p><b>28</b></p> <ul style="list-style-type: none"> <li>• Carne Adovada</li> <li>• Pinto Beans</li> <li>• Spanish Rice</li> <li>• Honeydew</li> <li>• Tortilla</li> <li>• 1% Milk</li> </ul>   |