



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 2</b>			<b>JUNE 2018</b> 		1
					8 oz. <u>Tuna Pasta Salad</u> ½ c. Pea Cheese Salad ½ c. Carrot Salad w/ Raisins 1 Sl. Whole Wheat Bread ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk
<b>WEEK 3</b>	4	5	6	7	8
	4 oz. Orange Pineapple Juice <u>Hot Dog (2.75 oz.) on Bun</u> ½ c. Baked Beans w/Turkey Ham ½ c. Corn w/Red Pepper 1 Hot Dog Bun Ketchup/ Mustard pc 1 each 8 oz. 1% Low Fat Milk	4 oz. Orange Juice 3 oz. <u>Cheese Omelet w/2 oz. Western Sauce</u> ½ c. Potatoes O' Brien ½ c. Cranberry Pear 1 sl. Whole Grain Bread ½ oz. Peanut Butter 8 oz. 1% Low Fat Milk	<u>Ham (T) and Cheese Whole Grain Bun</u> (2.5 oz. Turkey Ham, ½ oz. Cheese Slice, Whole Grain Bun) ½ c. Carrot Salad w/Raisin Cup ½ c. Beet and Onion Salad Mustard pc ½ c. Pineapple Tidbits Graham Crackers (2ct.) 8 oz. 1% Low Fat Milk	4 oz. <u>Italian Chicken Pasta Salad</u> (3 M/MA, 1 G/B) ½ c. Lettuce and Tomato Salad Ranch Dressing ½ c. Marinated Broccoli Salad 1 sl. Whole Grain Bread ½ c. Citrus Fruit Cup 8 oz. 1% Low Fat Milk	<u>BBQ Pork Riblet</u> 3 oz. Pork Riblet w 3 oz. BBQ Sauce ½ c. Collard Greens ½ c. Black Eye Peas 1 Hamburger Bun ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk
<b>WEEK 4</b>	11	12	13	14	15
	4 oz. <u>Sloppy Joe</u> ½ c. Au Gratin Diced Potatoes ½ c. Green Beans and Red Pepper 1 Hamburger Bun Margarine Cup Raisin pkt. X1 8 oz. 1% Low Fat Milk	8 oz. <u>Broccoli Rice and Cheese Casserole</u> ½ c. Black Beans ½ c. Carrot Coins 1 Dinner Roll Margarine Cup ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk	<u>Meatball Marinara</u> (3 oz. Meatball, 2 oz. sauce) ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Cavatappi Pasta w/ Garlic Oil 1 Sl. Whole Grain Bread ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk	2.85 oz. <u>BBQ Chicken Thigh</u> ½ c. Diced Sweet Potatoes ½ c. Collard Greens w/ Turkey Ham 1 Sl. Whole Grain Bread Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	<u>Turkey &amp; Swiss on Pretzel Bun</u> (2.7 oz. Turkey, ½ oz. Swiss Cheese) ½ c. Three Bean Salad ½ c. Tomato Cucumber Salad 4 oz. Orange Pineapple Juice Mayonnaise pc Special Holiday Dessert 8 oz. 1% Low Fat Milk <b>FATHERS' DAY CELEBRATION</b>
<b>WEEK 1</b>	18	19	20	21	22
	3 oz. <u>BBQ Beef Sandwich</u> ½ c. Spinach Soufflé ½ c. Parslied Carrots 1 Hamburger Bun ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk	3 oz. <u>Sliced Turkey Breast with Turkey Gravy</u> 2 oz. ½ c. Cornbread Stuffing ½ c. Broccoli , Cauliflower, Beans 1 Sl. Whole Grain Bread Margarine Cup ½ c. Chunky Applesauce 8 oz. 1% Low Fat Milk	<u>Chicken Marsala</u> (3 oz. Chicken Breast Patty w/Marsala Sauce 3 oz.) ½ c. Potatoes Florentine ½ c. Zucchini and Tomatoes Whole Grain Bun/Margarine Cup ½ c. Tossed Salad w/ Tomato 1 pkt. Ranch Dressing ½ c. Fruited Gelatin 8 oz. 1% Low Fat Milk	<u>Turkey and Cheese Sandwich</u> (2 oz. Turkey, 1 oz. Cheese, 2 sl. Whole Grain Bread) ½ c. Dilled Potato Salad ½ c. Lettuce & Sliced Tomato Mayonnaise/Mustard pc. x1 each ½ c. Pineapple Tidbits 8 oz. 1% Low Fat Milk	3 oz. <u>Sliced Meatloaf w/ Onion Gravy</u> 2 oz. ½ c. Rosemary Potatoes ½ c. Mixed Vegetables 1 Sl. Whole Grain Bread ½ c. Chunky Cinnamon Apples 8 oz. 1% Low Fat Milk
<b>WEEK 2</b>	25	26	27	28	29
	4 oz. Grape Juice 2.85 oz. <u>Baked Chicken Thigh</u> ½ c. Cheese Grits ½ c. Black Beans 1 Sl. Whole Grain Bread 8 oz. 1% Low Fat Milk	3 oz. <u>Sliced Roast Pork w/ Brown Gravy</u> ½ c. Mashed Sweet Potatoes ½ c. Brussels Sprouts 1 Sl. Rye Bread Margarine Cup ½ c. Chunky Applesauce 8 oz. 1% Low Fat Milk	4 oz. Orange Pineapple Juice 8 oz. <u>Chicken Chop Suey</u> ½ c. Brown Rice ½ c. Flat Beans 1 Sl. Whole Wheat Bread Margarine Cup Chocolate Chip Cookie 8 oz. 1% Low Fat Milk	<u>Cheeseburger on Bun</u> (2.9 oz. Beef Patty) ½ c. Baked Beans ½ c. Hot Spiced Peaches 1 Hamburger Bun ½ oz. Cheese Slice ½ c. Coleslaw Cup Ketchup/Mustard pc. x1 each 8 oz. 1% Low Fat Milk	8 oz. <u>Tuna Pasta Salad</u> ½ c. Pea Cheese Salad ½ c. Carrot Salad w/ Raisins 1 Sl. Whole Wheat Bread ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk

Approved By (Project Nutritionist): *Amy M Nuttle MS, RD, LD, CDE*

Date: *1/10/18*