


June 2019

Mon	Tue	Wed	Thu	Fri
<p><i>All meals meet RDI regulations. Each day a bread group item, butter and <u>milk will be served.</u> Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus</u></i></p>				
<p>3 Salisbury Steak, Gravy Mashed Potato's Green Beans Biscuit, Fruit Cocktail 2% Milk</p>	<p>4 Chicken Tenders Potato Wedges Peas, apple WW Bread Pudding, 2% Milk</p>	<p>5 Baked Fish , oven browned potatoes, carrots and peas, sliced peaches, WW Bread, banana, 2% Milk</p>	<p>6 Meat Lasagna Tossed Salad, tomatoes, cheese Garlic Bread pears, 2% Milk</p>	<p>7 Chili w/pinto beans Grilled Cheese Sandwich Corn, fruit, Crackers, pud- ding, 2% Milk</p>
<p>10 Scrambled Eggs Hash Brown Potatoes Sausage Gravy Biscuit, Applesauce, 2% Milk</p>	<p>11 Spaghetti with Meat and tomato sauce Tossed Salad, cheese, tomatoes, Garlic Bread, Fruit, 2% Milk</p>	<p>12 Taco Salad / Chips, meat, Tossed Salad, shredded cheese, tomatoes, onions, pineapples, Pudding 2 % Milk</p>	<p>13 Pinto Beans Hash Rounds, Onions Fruit cocktail Cornbread, Cookie 2% Milk</p>	<p>14 Center's Closed Employee Appreciation Day</p>
<p>17 <i>Country Baked Steak & Gravy, Mashed Potatoes, Peas, WW Bread, Fruit, 2% Milk</i></p>	<p>18 Meat Stuffed Green Pep- pers, Scalloped Potatoes Creamy Peas, fruit WW Roll, Pudding, 2% Milk</p>	<p>19 <i>Baked Chicken and Gravy</i> Mashed Potatoes Carrots, WW Roll , fruit pie 2% Milk</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Festive Meal</p>	<p>20 Center's Closed West Virginia Day</p>	<p>21 Hot Dog with Chili, Cole Slaw, onions Potato Fries Baked Beans Apple, 2% Milk</p>
<p>24 <i>Meatloaf with tomato sauce, scalloped potatoes, green beans, sliced ap- ples, WW Roll, 2% Milk</i></p>	<p>25 Baked Fish , oven browned potatoes, car- rots and peas, sliced peaches, WW Bread, banana, 2% Milk</p>	<p>26 <i>Hamburger on WW Bun, lettuce, tomato, onion, corn, pineapples, oven fries, 2% Milk</i></p>	<p>27 Chicken Wing Dings Parsley Potatoes Green Beans, WW Bread Pudding, 2% Milk</p>	<p>28 Great Northern Beans Chopped onions Cornbread Sour Kraut, wieners Peaches, 2% Milk</p>

