



June 2022



Mon	Tue	Wed	Thu	Fri
<p>All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. 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.</p> <p><u>The Nutrition Program reserves the right to change menus.</u></p>		<p>1 Meat Lasagna, garden salad, Garlic Bread, cinnamon apples, 2% Milk</p>	<p>2 Fish Sticks, macaroni and cheese, Cottage Cheese, Peaches, WW Bread, 2% Milk</p>	<p>3 Pinto Beans, Fruit cocktail, Cornbread, mixed greens, Cookie, 2% Milk</p>
<p>6 Scrambled Eggs, Hash Brown, Sausage Patty, Gravy, Biscuit, Applesauce, 2% Milk</p>	<p>7 Cheeseburger, Lettuce, Pickles, tomato, Oven Fries, corn, pineapples, 2 % Milk</p>	<p>8 Minestrone Soup, ham salad sandwich ,peas, pears, cookie, 2% milk</p>	<p>9 Taco Salad / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, Pudding, fruit, refried beans, Milk</p>	<p>10 Navy Beans, Cornbread, Sauer Kraut and Wieners, applesauce, pudding, 2% Milk</p>
<p>13 Chicken Tenders, Potato Wedges, Carrots, oranges, WW Roll, 2% Milk</p>	<p>14 Stuffed Green peppers, three bean salad, peaches, WW Roll, 2% Milk</p>	<p>15 Baked chicken and gravy , Potatoes, green beans, WW Roll, Cake, 2% Milk FESTIVE MEAL</p>	<p>16 Spaghetti with Meat Sauce, garden salad, Garlic Bread, apple, 2 % Milk</p>	<p>17 Broccoli Cheese Soup, Bologna and Cheese Sandwich, pears, pudding, 2% Milk</p>
<p>20 Center's Closed Juneteenth</p>	<p>21 Center's Closed WV Day</p>	<p>22 Baked Fish Sandwich, macaroni and cheese, peas, Sliced Peaches, 2% Milk</p>	<p>23 Chicken Parmesan garden salad, Garlic Bread, cinnamon apples, 2 % milk</p>	<p>24 Vegetable Beef Soup, Ham and Cheese Sandwich, pears, 2% Milk</p>
<p>27 Country Fried Steak with gravy, potatoes, Green Beans, applesauce, WW Bread 2% Milk</p>	<p>28 Scrambled Eggs, Hash Brown, Sausage Patty, Gravy, Biscuit, Applesauce, 2% Milk</p>	<p>29 Hot Dog with Chili, Cole Slaw, Onions, Baked Beans, fruit cocktail, 2% Milk</p>	<p>30 Chicken Noodle Soup, grilled cheese, oranges, peas, cookie, 2% milk</p>	

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