



May 2023



Mon	Tue	Wed	Thu	Fri
1 Boneless Chicken Wings , Mixed Greens, Stewed Tomatoes, WW Roll, Oranges, 2 % Milk	2 Cheeseburger , Lettuce, Tomato, Red Onion Sweet Potato Fries, Corn, Pineapples, 2 % Milk	3 Chicken Alfredo , Green Beans, Carrots, Garlic Bread, Pears, Cookie, 2% Milk	4 Fish Sticks , Cream Peas, Beets, Peaches, WW Bread, 2% Milk	5 Pinto Beans , Sauerkraut and Wieners, Hash Brown, Fruit Cocktail, Cornbread, 2% Milk
8 Chicken Sandwich , Sweet Potato Fries, Green Beans, Applesauce, 2% milk	9 Taco Salad / Chips , Meat, Lettuce, Cheese, Tomato, Red Onions, Pudding, Peaches 2% Milk	10 Chicken Tenders , French Fries, Carrots, Pineapples, WW Bread 2 % Milk	11 Sloppy Joe / Bun , Cole Slaw, Baked Beans, Sweet Potato Fries, Banana 2% Milk	12 Navy Beans , Spinach, Carrots, Applesauce, Cornbread., Cookie 2% Milk
15 Meatball Subs With Sauce and Mozz Cheese WW Bun, Green Beans, Carrots, Pears 2% Milk	16 Beef Stew , Mixed Greens, Pineapples, Biscuit Cookie, 2 % Milk	17 Potato Soup , Ham Salad Sandwich, Three Bean Salad, Oranges, 2% milk	18 Scrambled Eggs , Hash Brown, Sausage Patty, Gravy, Biscuit, Orange, Applesauce, 2% Milk,	19 Great Northern Beans , Mixed Greens Applesauce, Fruit Cocktail, Cornbread, 2% Milk
22 Baked Fish , Cream Peas, Sweet Potato Fries, Sliced Peaches, WW Bread 2% Milk	23 Vegetable Beef Soup , Peanut Butter Sandwich, Carrots, Pears 2% Milk	24 FESTIVE MEAL Pork Chops , Gravy Mashed Potatoes, Green Beans, WW Roll, Jell-o with Fruit, 2% Milk	25 Hot Dog with Chili , Cole Slaw, Onions, Baked Beans, Pineapples, 2% Milk	26 Butter Beans , Spinach, Cabbage, Cinnamon Apples, Cookie, Cornbread, 2% Milk
29 Center's Closed Memorial Day	30 Chicken Noodle Soup , Grilled Cheese Sandwich, Beets, Collard Greens Pineapples, Cookie, 2% Milk	31 Smoked Sausage with Sauerkraut, Corn, Fruit Cocktail, WW Bread 2 % Milk	<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>	