

Mon	Tue	Wed	Thu	Fri
Birthday Day - June 9 Choice Day - June 14 Circled Days - meals that freeze well		1 BBQ pulled pork 4 oz On a Bun Cole slaw w/carrots 4 oz Peaches 4 oz Brownie milk	2 Oven fried chicken Mashed potatoes 4 oz/Gravy Mixed veg 4 oz Pineapple 4 oz Roll milk	3 Cheesy mac chili 8 oz Broccoli 4 oz Blushing pears 4 oz Bread Gelatin w/fruit 4 oz milk
6 Pork & noodle casserole 8 oz Broccoli /carrot mix 4 oz Peaches 4 oz Banana muffin milk	7 Chicken salad 4 oz on a Bun Pickled beets 4 oz Combination salad 4 oz Salad dressing Cantaloupe slice milk	8 Goulash 8 oz Corn 4 oz Glazed blueberries 4 oz Garlic bread milk	9 Meatloaf Au gratin potatoes 4 oz Parslied cauliflower 4 oz Blushing pears 4 oz Wacky cake Roll milk	10 Turkey hash 8 oz Sliced tomato 4 oz Applesauce 4 oz Peanut butter cookie Wheat bread milk
13 Italian baked chicken Italian pasta salad 4 oz Peas 4 oz Apricots 4 oz Garlic bread milk	14 Shepherd's pie 8 oz Hot beets 4 oz Cantaloupe slice Roll milk	15 Turkey salad 4 oz on a Bun Sliced tomato 4 oz Cabbage salad 4 oz Mixed fruit 4 oz Butterscotch pudding 4 oz milk	16 Liver & onions in gravy OR Beef cutlet in gravy Mashed potatoes 4 oz/Gravy Three bean salad 4 oz Blueberries 4 oz Roll milk	17 Tuna noodle casserole with peas 8 oz Combination salad 4 oz Salad dressing Pineapple 4 oz Bread pudding milk
20 Swedish steak Baked potato/margarine Green beans 4 oz Cinnamon applesauce 4 oz Bread milk	21 Ham & beans 8 oz Potatoes w/onions 4 oz Sliced tomato 4 oz Peaches 4 oz Cornbread milk	22 Easy chicken & broccoli pie 8 oz Hot beets 4 oz Banana in orange juice 4 oz Butterscotch square milk	23 Taco salad Salsa (lettuce, tomato, cheese, chips) Mexican rice 4 oz Strawberries 4 oz Cinnamon roll milk	24 Oven fried chicken Baked beans 4 oz Cole slaw 4 oz Blueberries 4 oz Wheat roll milk
27 Cranberry meatball 3 oz Baked potato Green beans 4 oz Watermelon slice Roll milk	28 Tuna salad 4 oz on a Bun Cuke & onion salad 4 oz Slice tomatoes 4 oz Strawberries 4 oz Ginger snap cookie milk	29 Chicken fried steak Mashed potatoes 4 oz with Cream gravy Mixed vegetables 4 oz Cantaloupe slice Roll milk	30 Southwest chicken bake 8 oz Carrots 4 oz Pineapple 4 oz Vanilla pudding 4 oz Roll milk	Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher