






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JUNE 2013</h1>				Numbers in () represent carbohydrate counts.
3 Salisbury Steak (10) Potatoes & Gravy (15) Green Beans (05) Roll (15) Peaches (15) Low Fat Milk (12)	4 Chicken Pot Pie w/Chicken Gravy (30) Winter Blend Veg. (05) Green Salad (05) Orange (15) Low Fat Milk (12)	5 Enchiladas (20) Spanish Rice (15) Refried Beans (15) Green Salad (05) Pears (15) Brownie (35) Low Fat Milk (12)	6 <u>Breakfast Day</u> Eggs (06) Sausage Patty (10) Biscuit/Gravy (30) Banana (15) Low Fat Milk (12)	7 Baked Ham (05) Cheesy Potatoes (15) Peas (15) Roll (15) Apple (15) Low Fat Milk (12)
10 Soup or Chowder (35) Carrots (05) Green Salad (05) Roll (15) Orange (15) Low Fat Milk (12)	11 Spaghetti & Meat Sauce (35) Peas & Carrots (05) Garlic Bread (15) Pears (15) Low Fat Milk (12)	12 BBQ Chicken (10) Scalloped Potatoes (15) Mixed Vegetables (05) Roll (15) Banana (15) Brownie (35) Low Fat Milk (12)	13 Lasagna (25) Green Beans (05) Green Salad (05) Roll (15) Spiced Apples (15) Low Fat Milk (12)	14  Roast Turkey (05) Potatoes & Gravy (15) Corn (15) Roll (15) Peaches (15) Low Fat Milk (12)
17 Meatloaf (10) Potatoes & Gravy (15) Green Beans (05) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	18 Pork Rib Sandwich (10) Hamburger Bun (15) Peas & Carrots (05) Coleslaw (05) Pears (15) Low Fat Milk (12)	19 Hawaiian Haystacks Noodles, Celery, Peas, Pineapple, Onions (30) Calif. Blend Veg. (05) Roll (15) Mandarin Oranges (15) Low Fat Milk (12)	20 Sloppy Joe (15) Hamburger Bun (15) Green Salad (05) Corn (15) Peaches (15) Rice Pudding (35) Low Fat Milk (12)	21 Roast Beef (05) Potatoes & Gravy (15) Mixed Vegetables (05) Roll (15) Orange (15) Low Fat Milk (12)
24 Chicken Alfredo (10) Noodles (15) Green Beans (05) Roll (15) Peaches (15) Low Fat Milk (12)	25 <u>Breakfast Day</u> Eggs (06) Sausage Patty (10) Waffles & Syrup (20) Banana (15) Low Fat Milk (12)	26 Chicken Marinara (10) & Pasta Rotini (15) Winter Blend Veg. (05) Roll (15) Pears (15) Low Fat Milk (12)	27 <u>Picnic</u> Hamburger (10) Hamburger Bun (15) Potato Salad (15) Baked Beans (15) Apple Crisp (35) Low Fat Milk (12)	28 Roast Pork (05) Potatoes & Gravy (15) Carrots (05) Roll (15) Mandarin Oranges (15) Low Fat Milk (12)
		COST: SENIOR \$2 GUEST \$5 ORDER ONE DAY IN ADVANCE. 801-785-2818		F L A G  D A Y