



	Sun 06-19-2016	Mon 06-20-2016	Tue 06-21-2016	Wed 06-22-2016	Thu 06-23-2016	Fri 06-24-2016	Sat 06-25-2016
B R K	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon Muffin Egg of Choice Fresh Fruit 100% Juice	Deluxe Waffles Sausage Link Fresh Fruit 100% Juice	Sausage Country Gravy/Easy Biscuits Egg of Choice Fresh Fruit 100% Juice	Fried Egg Hash Browns Fresh Fruit 100% Juice English Muffin	French Toast Dish Bacon Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
L U N	Sweet Spinach Salad Tangy Pork Roast <i>or</i> Roast Beef au Jus Roasted Yams Broccoli Baked Roll Fruit Cocktail Bars	Light Caesar Salad Beef Jardineiere <i>or</i> Turkey Divan Best Noodles Green Beans Baked Roll Chocolate Sour Cream Cake	Broccoli Raisin Salad Coq Au Vin <i>or</i> Kielbasa/Peppers Delicious Rice Zucchini Corn Saute Baked Roll Apple Cobbler	Hawaiian Fruit Salad Baked Rockfish Madrid <i>or</i> Glazed Baked Ham Roasted Red Potatoes Sautéed Spinach Baked Roll Lemon Meringue Pie	Green Salad Sour Cream Beef Patty <i>or</i> Lemon Oregano Turkey Boiled Potatoes Roasted Brussels Sprouts Baked Roll Bread Pudding	Ambrosia Chicken Almondine <i>or</i> Baked Dijon Salmon Fried Rice Stir-Fry Veg Baked Roll Blueberry Cream Angel Dessert	Marinated Pepper Salad Shredded Pork <i>or</i> Tamale Pie Herb Mashed Potatoes Buttery Carrots Baked Roll Buttermilk Spice Cake
D I N	Homemade Bean Bacon Soup Chicken Tater Bake Fresh Cooked Carrots <i>or</i> Chef Salad Pan Breadsticks Country Apple Dumplings	Basil Tomato Soup Alaskan Fish and Chips Peach Lemon Salad <i>or</i> Grilled Cheese Sandwich Marinated Tomatoes Tapioca Pudding	Garden Veggie Soup Stuffed Cabbage Glazed Carrots <i>or</i> Turkey Cream Cheese Sandwich Apple Broccoli Salad Fudge Bar	Butternut Apple Squash Soup Pulled Pork Sandwich Creamy Coleslaw <i>or</i> Lasagna Green Salad Mozzarella Garlic Bread Signature Oatmeal Raisin Cookie	Creamy Vegetable Soup Ham and Cheese Casserole Green Beans <i>or</i> Chicken Patty Sandwich Vegetable Pasta Salad Butterscotch Blondie	Tortilla Soup Taco Salad Taco Salad Veggies Spanish Rice <i>or</i> BLT Wrap Picnic Salad Bowl Banana Splits	Campfire Stew Chicken and Dumplings Watermelon Salad <i>or</i> BBQ Beef Hot Dog Sauerkraut Zucchini Bread
Milk offered at every meal							

Dietitian's Signature: *Deane Jager, RDN 4-10-2016*
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