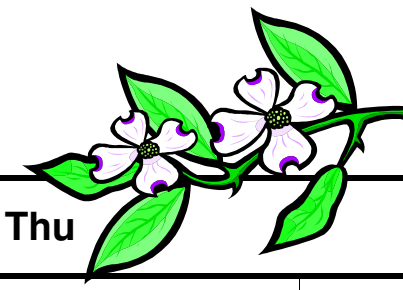




# MAY 2011

## Nutrition Program Menu



Mon	Tue	Wed	Thu	Fri
<p>2 Oven Fried Chicken 3 oz Golden Mashed Potatoes 1/2 cup Brussels Sprout 1/2 cup Wheat Bread 1 slice Pineapple Chunks 1/2 cup Margarine Skim Milk 1/2 pint</p>	<p>3 Spaghetti and Meat Sauce 1 cup Peas and Onions 1/2 cup Wheat Bread 1 Slice Strawberry and Banana 1/2 cup Margarine Skim Milk 1/2 pint</p>	<p>4 Cheeseburger 3oz. Wheat Bun Lettuce/Tomato/Onion Waffle Fries 1/2 cup Celery and Carrot sticks 2 each Citrus Fruit Salad 1/2 cup Skim Milk 1/2 pint</p>	<p>5 Fish Creole 1/2 cup Baked Sweet Potato 1/2 cup Seasoned Black Beans 1/2 cup Wheat Bread 1 slice / Margarine Melon Salad 1/2 cup Skim Milk 1/2 pint</p>	<p>6 Country Fried Steak 3 oz. Baked Potato 1/2 cup Sour Cream Collard Greens 1/2 cup Wheat Bread 1 slice Margarine Grapes 1/2 cup Chocolate Milk 1/2 pint</p>
<p>9 Turkey Casserole 1 cup Golden Potatoes 1/2 cup Italian Green Beans 1/2 cup Wheat Bread 1 slice Margarine Blushing Pear Half 1/2 cup Skim Milk 1/2 pint</p>	<p>10 Braised Beef Tips 3oz Egg Noodles 1/2 cup Spinach 1/2 cup Wheat Bread 1 slice, Margarine Fresh Orange 1 Chocolate Milk 1/2 pint</p>	<p>11 Herb Chicken 3 oz. White Rice 1/2 cup Seasoned Black Beans 1/2 cup Tropical Fruit Salad 1/2 cup Margarine Skim Milk 1/2 pint</p>	<p>12 Turkey Sandwich on Wheat Bread 3oz. Lettuce/Tomato/Onion 1 slice each Sweet Potato Fries 1/2 cup Brussels Sprout 1/2 cup Spiced Peaches 1/2 cup Mayonnaise, Skim Milk 1/2 pint</p>	<p>13 Roast Pork 3 oz. Red Bliss Potatoes 1/2 cup Lima Beans 1/2 cup Lemon Whip 1/2 cup Wheat Bread 1 slice, Margarine Skim Milk 1/2 pint</p>
<p>16 Hamburger Pattie 3 oz. On Wheat Bun Lettuce/Tomato/Onion/ Ketchup and Mustard Baked Sweet Potato 1/2 cup Broccoli 1/2 cup Fruit Parfait 1/2 cup Skim Milk 1/2 pint</p>	<p>17 Russian Chicken 3 oz. Egg Noodles 1/2 cup Peas and Carrots 1/2 cup Wheat Bread 1 slice, Margarine Very-Berry Gelatin Salad 1/2 cup Skim Milk 1/2 pint</p>	<p>18 Goulash 1 cup Garden Squash Sauté 1/2 cup Gelatin with Bananas 1/2 cup Wheat Bread 1 slice Margarine Skim Milk 1/2 pint</p>	<p>19 Tahitian Chicken 3 oz White Rice 1/2 cup Spinach 1/2 cup Fresh Orange 1 med. Wheat Bread 1 slice Margarine Chocolate Milk 1/2 pint</p>	<p>20 Cajun Pork Chop 3 oz Baked Potato 1/2 cup Brussels Sprout 1/2 cup Wheat Bread 1 slice Margarine/Sour Cream Plums 1/2 cup Skim Milk 1/2 pint</p>
<p>23 Roast Beef Sandwich/ Wheat Bread 3oz Sweet Potato Fries 1/2 cup Vegetable Ribbons 1/2 cup Fresh Fruit Cup 1/2 cup Oatmeal Raisin Cookie 1 Mayonnaise, Skim Milk 1/2 pint</p>	<p>24 Orange Chicken 3 oz Mashed Potatoes 1/2 cup Mixed Vegetables 1/2 cup Wheat Bread 1 slice, Margarine Spiced Peaches 1/2 cup Peanut Butter Cookie 1, Skim Milk 1/2pt</p>	<p>25 Breaded Pork 3 oz. Red Bliss Potatoes 1/2 cup Seasoned Greens 1/2 cup Wheat Roll 1 /Margarine Apricots 1/2 cup Chocolate Milk 1/2 pint</p>	<p>26 Beef Pepper Patty 3oz Egg Noodles 1/2 cup Lima Beans 1/2 cup Wheat Roll 1/ Margarine Tropical Fruit Salad 1/2 cup Skim Milk 1/2 pint</p>	<p>27 Baked Chicken 3 oz White Rice 1/2 cup Seasoned Black Beans 1/2 cup Wheat Roll 1 / Margarine Strawberries 1/4 cup Zucchini Bars 1/2 cup/Skim Milk 1/2 pint</p>
<p>30 <b>CLOSED FOR MEMORIAL DAY</b></p>	<p>31 Veal Patty 3 oz Baked Sweet Potatoes 1/2 cup Cauliflower 1/2 cup Wheat Roll 1/ Margarine Frosted Gelatin with Fruit 1/2 cup Skim Milk 1/2 pint.</p>			