



# JUNE 2011

## Nutrition Program Menu



June 19  
Father's  
Day



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

		<p>1 Lemon Chicken 3oz Rice Pilaf 1/2 c Broccoli 1/2 c Wheat Bread/Margarine Fruit Parfait 1/2 c Chocolate Milk</p>	<p>2 Pork Chop -let 3oz Baked Potato/Sour Cream Italian Green Beans 1/2 c Wheat Bread/Margarine Blushing Pear Half Skim Milk</p>	<p>3 Meatloaf 3oz Red Bliss Potatoes Spinach 1/2 c Wheat Bread/Margarine Spiced Applesauce 1/2 c Skim Milk</p>
<p>6 Oven Fried Chicken 3 oz Golden Mashed Potatoes 1/2 cup Brussels Sprouts 1/2 cup Wheat Bread /Margarine Pineapple Chunks 1/2 cup Skim Milk</p>	<p>7 Spaghetti &amp; Meat sauce 1 cup Peas &amp; Onions 1/2 c Wheat Bread/Margarine Banana Skim Milk</p>	<p>8 Cheeseburger 3 oz Lettuce/Tomato/Onion Waffle Fries 1/2 c Celery &amp; Carrot Sticks 2 ea Citrus Fruit Salad 1/2 c Skim Milk Wheat Bun/Mustard, Ketchup</p>	<p>9 Fish Creole 1/2 c Baked Sweet Potato 1/2 c Seasoned Black Beans 1/2 c Melon Salad 1/2 c Wheat Bread/Margarine Skim Milk</p>	<p>10 Country Fried Steak 3 oz Baked Potato /Sour Cream Collard Greens 1/2 c Wheat Bread/Margarine Grapes 1/2 c Chocolate Milk</p>
<p>13 Turkey Casserole 1 cup Golden Potatoes 1/2 c Italian Green Beans 1/2 c Blushing Pear Half 1/2 c Wheat Bread/Margarine Skim Milk</p>	<p>14 Braised Beef Tips 3 oz Egg Noodles 1/2 c Spinach 1/2 c Wheat Bread/Margarine Fresh Orange 1 Chocolate Milk</p>	<p>15 Herb Chicken 3 oz White Rice 1/2 c Seasoned Black Beans 1/2 c Tropical Fruit Salad 1/2 c Skim Milk</p>	<p>16 Turkey 2 oz Sandwich Lettuce/Tomato/Onion 1 ea Sweet Potato Fries 1/2 c Brussels Sprouts 1/2 c Spiced Peaches 1/2 c Mayonnaise Skim Milk</p>	<p>17 Roast Pork 3 oz Red Bliss Potatoes 1/2 c Lima Beans 1/2 Lemon Whip 1/2 c Wheat Bread/Margarine Skim Milk</p>
<p>20 Hamburger 3oz/Wheat Bun Lettuce/Tomato/Onion Baked Sweet Potato 1/2 c Broccoli 1/2 c Fruit Parfait 1/2 c Ketchup Mustard Skim Milk</p>	<p>21 Russian Chicken 3oz Egg Noodles 1/2 c Peas &amp; Carrots 1/2 c Very-Berry Gelatin Salad 1/2 c Wheat Bread/Margarine Skim Milk</p>	<p>22 Goulash 1 cup Garden Squash Sauté 1/2 c Fruited Gelatin 1/2 c Wheat Bread/Margarine Skim Milk</p>	<p>23 Tahitian Chicken 3 oz White Rice 1/2 c Spinach 1/2 c Fresh Orange 1 Wheat Bread/Margarine Chocolate Milk</p>	<p>24 Cajun Pork Chop 3oz Baked Potato / Sour Cream Brussels Sprouts 1/2 c Plums 1/2 c Wheat Bread/Margarine Skim Milk</p>
<p>27 Roast Beef 2 oz Sandwich Sweet Potato Fries 1/2 c Vegetable Ribbons 1/2 c Fresh Fruit cup 1/2 c Skim Milk Mayonnaise /Wheat Bread 2 slices</p>	<p>28 Orange Chicken 3oz Mashed Potatoes 1/2 c Mixed Vegetables 1/2 c Spiced Peaches 1/2 c Wheat Bread/Margarine Skim Milk</p>	<p>29 Breaded Pork 3oz Red Bliss Potatoes 1/2 c Seasoned Greens 1/2 c Apricots 1/2 c Chocolate Milk Wheat Bread/Margarine</p>	<p>30 Beef Pepper Patty 3oz Egg Noodles 1/2 c Lima Beans 1/2 c Tropical Fruit Salad 1/2 c Wheat Roll/Margarine Skim Milk</p>	