




June 2009

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>Italian Day</u> Chicken Breast w/ Grilled-Tomato Sauce Baked Italian Blend Veggies Whole Wheat Spaghetti Chilled Grape Juice Italian Bread Biscotti</p>	<p>2 Cube Steak Sicilian Blend Vegetables Mashed Potatoes/Gravy Sweet and Sour German Cucumbers Whole Wheat Bread Fruit Cocktail</p>	<p>3 Breaded Pork Chop Pinto Beans Carrots & Brussels Sprouts Whole Wheat Roll Applesauce</p>	<p>4 Chicken Salad on Croissant Broccoli Salad Carrot & Celery Sticks Fruit Parfait</p>	<p>5 Beef Kabobs Strawberries Vegetable Couscous Whole Wheat Bread</p> 
<p>8 American Cheeseburger Cucumber and Tomato Salad Sweet Potato Fries Ambrosia Salad</p>	<p>9 Baked Tilapia (ALT: Swiss Steak) Balsamic Tomato Salad California Blend Vegetables Whole Wheat Bread Appealing Apricots Graham Crackers</p> 	<p>10 <u>Strawberry Festival</u> Hot Shredded Chicken on Bun Chilled Gazpacho Baked Beans Strawberries with Whipped Cream</p>	<p>11 Baked Ham (LS Alt=Baked Chicken) Rice Spinach Whole Wheat Bread Fresh Tomato Slices Orange Pineapple Gelatin</p>	<p>12 <u>Flag Day</u> Pork Tenderloin Basil and Parmesan Bows with Sugar Snap Peas Venetian Blend Vegetables Fresh Baby Carrots Whole Wheat Bread Mixed Berries</p>
<p>15 Rubeen Casserole (LS Alt=Shepard Pie) Scandinavian Vegetable Fresh Kiwi and Strawberries Pumpernickel Bread Blueberry Crumble</p>	<p>16 Taco Salad Tropical Fruit Salad Blueberry Muffin</p>	<p>17 Crumb Topped Cod (ALT: Meatloaf) Maui Blend Vegetables Creamy Coleslaw Whole Wheat Roll Appealing Apricots</p>	<p>18 <u>Juneteenth</u> BBQ Pork Sparerib (LF Alt= BBQ Chicken) Corn Baked Beans Golden Cornbread Watermelon Chunks</p> 	<p>19 <u>Father's Day Celebration</u> Sirloin Steak Mashed Potatoes/Gravy Broccoli Amandine Mandarin Oranges Whole Wheat Bread Rhubarb Pie</p>
<p>22 Sunshine Chicken Three Bean Salad Cozumel Blend Vegetables Chilled Orange Juice Whole Wheat Bread Rice Krispie Treat</p>	<p>23 <u>Fresh Fruit & Veggie Month</u> Turkey Cutlet Spinach Salad Fresh, Steamed Asparagus Tomato Cilantro Rice Rye Bread Saucy Rhubarb & Strawberries</p>	<p>24 BBQ Beef Sandwich Seven Layer Salad Corn Relish Strawberries & Whipped Cream</p>	<p>25 Hawaiian Pork over Brown Rice Asian Blend Vegetables Whole Wheat Bread Fresh Banana <i>PC. Danbury & Elmore— Birthday Cake</i></p>	<p>26 Seafood Fettuccini Alfredo (ALT: Chicken Alfredo) Italian Blend Vegetables Chilled Apple Juice Whole Wheat Bread Fresh Honeydew Melon <i>Genoa & HDM Birthday Cake</i></p>
<p>29 Country Fried Steak Mashed Potatoes/gravy Seasoned Summer Squash Tossed Salad Whole Wheat Roll Pineapple and Grapes <i>Oak Harbor Birthday Cake</i></p>	<p>30 Egg Salad Sandwich (ALT: Bologna Salad) Sandwich Three Beans Salad Broccoli Salad Peaches and Cottage Cheese</p>	<p>LS Alt= Low Sodium Alternate LF Alt=Low Fat Alternate (These items must be ordered ahead)</p>	