

JUNE

2018

IMPORTANT		Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996		Mandarin Chicken Salad
Milk quarts will be delivered once a week, try drinking one serving of the quart with lunch each day				Macaroni Salad
				Celery Sticks
				Orange
				Calories: 667 Carbs: 82g Fat: 8.8g Protein: 38g Sodium: 716mg
Nutritional facts provided include a serving of milk				1-Jun
4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
Chicken Spaghetti	Cheeseburger	Taco Casserole	Tuna Salad with Tomato Wedges	Barbeque Chicken
Sauteed Green Beans	Tater Tots	Refried Beans	Pasta Salad	Cheesy Whipped Potatoes
Roasted Brussel Sprouts	Savory Sliced Carrots	Sauteed Yellow Squash	Marinated Cucumber Salad	Mixed Greens
Bread Strawberry Jell-O	Diced Peaches	Cornbread	Wheat Crackers Chocolate Pudding	Multigrain Bread
Calories: 822 Carbs: 86g	Calories: 768 Carbs: 87g	Fruit Salad	Calories: 665 Carbs: 74g	Peaches
Fat: 12.5g Protein: 34g	Fat: 11.5g Protein: 38g	Calories: 902 Carbs: 96g	Fat: 9.8g Protein: 21g	Calories: 884 Carbs: 75g
Sodium: 695mg *2% Milk Quart*	Sodium: 748mg	Fat: 24g Protein: 47g Sodium: 890mg	Sodium: 594mg	Fat: 12.5g Protein: 36g Sodium: 1021mg
Vegetable Lasagna	Crunchy Chicken Salad	Beef and Vegetable Stir Fry	Taco Salad	Beef Tips
Tuscan Blend Vegetables	Carrot and Raisin Salad	White Rice	Steamed Corn	Brown Rice
Mashed Potatoes	Marinated Vegetable Salad	Steamed Broccoli	Pinto Beans	Mixed Vegetables
Fruit Salad *2% Milk Quart*	Wheat Crackers Apple	Orange	Graham Cracker	Wheat Bread
Calories: 590 Carbs: 88g	Calories: 662 Carbs: 80g	Calories: 562 Carbs: 90.03g	Calories: 663 Carbs: 94g	Yogurt
Fat: 17g Protein: 37g	Fat: 12.5g Protein: 33g	Fat: 8.8g Protein: 38g	Fat: 15g Protein: 38g	Calories: 603 Carbs: 81g
Sodium: 790mg	Sodium: 828mg	Sodium: 989mg	Sodium: 927mg	Fat: 21g Protein: 48g Sodium: 1103mg
11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
Meatloaf	Garlic Herb Chicken	Salisbury Steak	Crusted Tilapia	Oven Fried Chicken
Spinach	Black-eyed Peas	Steamed Green Beans	Mixed Vegetables	California Blend Vegetables
Mashed Potatoes	Winter Mix Vegetables	Mashed Potatoes	White Rice	Macaroni and Cheese
Apple *2% Milk Quart*	Chocolate Pudding	Peaches	Chocolate Pudding	Fruit Salad
Calories: 720 Carbs: 81g	Calories: 725 Fat: 12g Carbs: 64g	Calories: 527 Carbs: 51g	Calories: 555 Carbs: 57g	Calories: 626 Carbs: 88g
Fat: 28g Protein: 33g	Protein: 53g	Fat: 24g Protein: 40g	Fat: 17g Protein: 39g	Fat: 12.5g Protein: 35g
Sodium: 955mg	Sodium: 579mg	Sodium: 660mg	Sodium: 1,000mg	Sodium: 1,001mg
18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
King Ranch Casserole	Chili	Chicken Fajitas w/ Onions & Peppers	Grilled Chicken Sandwich	Baked Four Cheese Ziti
White Rice	Black Beans	White Rice	Broccoli and Cauliflower	Zucchini Casserole
Sauteed Spinach	Cornbread	Steamed Corn	Tomato/Onion/Pickles	Macaroni and Cheese
Tortilla *2% Milk Quart*	Yogurt	Apple	Baked Apples	Fruit Salad Breadstick
Calories: 747 Carbs: 72g	Calories: 660 Carbs: 76g	Calories: 720 Carbs: 72g	Calories: 525 Carbs: 59g	Calories: 670 Carbs: 96g
Fat: 21g Protein: 21g	Fat: 19.5g Protein: 35g	Fat: 13.5 Protein: 38g	Fat: 13.5 Protein: 36g	Fat: 12.5g Protein: 21g
	Sodium: 989mg	Sodium: 725mg	Sodium: 669mg	Sodium: 1,001mg
25-Jun	26-Jun	27-Jun	28-Jun	29-Jun