

MAY

2018

		Sliced Turkey		Cranberry Chicken		Beef and Vegetable Stir Fry	
IMPORTANT		Always remember to call		Green Beans		White Rice	
Milk quarts will be delivered once		at least by 2:00 PM the		Wheat Roll		Steamed Broccoli	
a week, try drinking one serving		day before to		Apple		Orange	
of the quart with lunch each day		cancel a meal		Calories: 505 Carbs: 79g		Calories: 640 Carbs: 90g	
		972-562-6996		Fat: 7.5g Protein: 23g		Calories: 562 Carbs: 90.03g	
***Nutritional facts provided include		Extension 113		Sodium: 690mg		Fat: 8.8g Protein: 38g	
a serving of milk***		1-May		2-May		3-May	
						4-May	
Chicken and Dumplings		Lemon Chicken		Hamburger on Wheat Bun		Chicken Fried Steak w/ LS Gravy	
Fancy Cut Sweet Potatoes		Fancy Three Bean Salad		Pinto Beans		Green Beans	
Roasted Brussel Sprouts		White Rice		Oven Fries		Mashed Potatoes	
Sugar Free Jello *2% Milk Quart*		Cottage Cheese with Peaches		Lettuce/tomato/onion		Banana Pudding	
Calories: 565 Carbs: 63g		Calories: 620 Carbs: 52g		Fruit Salad		Calories: 620 Carbs: 92g	
Fat: 12g Protein: 21g		Fat: 11.5g Protein: 43.5g		Calories: 740 Carbs: 92g		Fat: 14.5g Protein: 25g	
Sodium: 915mg		Sodium: 940mg		Fat: 24g Protein: 39g Sodium: 667mg		Sodium: 1,001mg	
7-May		8-May		9-May		10-May	
						11-May	
Meatballs over White Rice		Spaghetti and Sauce with Chicken		Turkey with LowSodium Gravy		Taco Salad	
Baby Carrots		Steamed Peas		Green Beans		Steamed Corn	
Sauteed Broccoli		Capri Mixed Vegetables		Mashed Potatoes		Pinto Beans	
Chocolate Pudding *2% Milk Quart		Chocolate Pudding		Vanilla Pudding		Graham Cracker	
574 calories		Calories: 670 Carbs: 86g		Calories: 552 Carbs: 67g		Calories: 663 Carbs: 94g	
34.4 g Protein		Fat: 12.5g Protein: 34g		Fat: 9g Protein: 28g		Fat: 15g Protein: 38g	
25 g Fat		Sodium: 695mg		Sodium: 851mg		Sodium: 927mg	
14-May		15-May		16-May		17-May	
						18-May	
Meatloaf		Garlic Herb Chicken		Salisbury Steak		Crusted Tilapia	
Spinach		Black-eyed Peas		Steamed Green Beans		Mixed Vegetables	
Mashed Potatoes		Winter Mix Vegetables		Mashed Potatoes		White Rice	
Apple *2% Milk Quart*		Chocolate Pudding		Peaches		Chocolate Pudding	
Calories: 720 Carbs: 81g		Calories: 725 Fat: 12g Carbs: 64g		Calories: 527 Carbs: 51g		Calories: 555 Carbs: 57g	
Fat: 28g Protein: 33g		Protein: 53g		Fat: 24g Protein: 40g		Fat: 17g Protein: 39g	
Sodium: 955mg		Sodium: 579mg		Sodium: 660mg		Sodium: 1,000mg	
21-May		22-May		23-May		24-May	
						25-May	
Vegetable Lasgna		Chili		Chicken Fajitas w/ Onions & Peppers		Grilled Chicken Sandwich	
Tuscany Blend Vegetables		Black Beans		White Rice		Broccoli and Cauliflower	
Mashed Potatoes		Cornbread		Steamed Corn		Tomato/Onion/Pickles	
Fruit Salad *2% Milk Quart*		Yogurt		Apple		Baked Apples	
Calories: 590 Carbs: 88g		Calories: 660 Carbs: 76g		Calories: 720 Carbs: 72g		Calories: 525 Carbs: 59g	
Fat: 17g Protein: 37g		Fat: 19.5g Protein: 35g		Fat: 13.5 Protein: 38g		Fat: 13.5 Protein: 36g	
Sodium: 790mg		Sodium: 989mg		Sodium: 725mg		Sodium: 669mg	
MEATLESS MONDAY 28-May		29-May		30-May		31-May	
							