



<p><b>JUNE 2024</b></p> 	<p><u>Recommended Serving Sizes</u>  3 oz. meat  ½ cup of vegetables  ½ cup of fruit  2 servings of bread or complex carbohydrate  1 cup of 2% milk</p>		<p><i>June Birthdays</i>  Heidi Hess 12  Debbie McCartney 14  Cheryl Bowen 19  Nellie Jones 27</p>		<p><u>SATURDAY</u> 1</p>
<p><u>MONDAY</u> 3  Sweet &amp; Sour Chicken  Brown Rice  Spinach Mandarin Salad  Egg Roll  Tropical Fruit  Milk</p>	<p><u>TUESDAY</u> 4  BBQ Pork Riblet  California Blend Veggies  Wheat Bread  Fruited Jello  Milk</p>	<p><u>WEDNESDAY</u> 5  Pizza w/ Meat &amp; Veggies  Tossed Salad w/ Garbanzo Beans  Banana &amp; Pineapple  Milk</p>	<p><u>THURSDAY</u> 6  Beef Tacos  Lettuce, Tomato, Cheese  Spanish Rice  Peas &amp; Carrots Mix  Fruit Cup  Milk</p>	<p><u>FRIDAY</u> 7  Tuna Salad Sandwich  Broccoli Cheese Soup  Green Beans, Cranberries &amp; Nuts  Apricots  Milk</p>	<p><u>SATURDAY</u> 8</p>
<p><u>MONDAY</u> 10  Baked Pork Chop  Rice Pilaf  Carrots w/ Lemon Butter  Wheat Bread  Applesauce  Milk</p>	<p><u>TUESDAY</u> 11  Swiss Steak  Shell Pasta  Broccoli  Wheat Roll  Mixed Fruit  Milk</p>	<p><u>WEDNESDAY</u> 12  Spaghetti w/ Meat Sauce  Tossed Salad w/ Garbanzo Beans  Garlic Bread  ½ Banana  Milk</p>	<p><u>THURSDAY</u> 13  Combination Burrito w/ Cheese  Wild Rice  Mexicali Corn  Peaches  Lemon Bar  Milk</p>	<p><u>FRIDAY</u> 14  Porcupine Meatballs  Au Gratin Potatoes  Green Beans  Wheat Roll  ½ Orange  Milk</p>	<p><u>SATURDAY</u> 15</p>
<p><u>MONDAY</u> 17  Sloppy Jo  Tater Tots  Mixed Vegetables  Fruit &amp; Marshmallow Cup  Milk</p>	<p><u>TUESDAY</u> 18  White Bean Chicken Chili  Tossed Salad  Cornbread  Sliced Strawberries  Milk</p>	<p><u>WEDNESDAY</u> 19  French Dip Sandwich  Au Jus  Broccoli  Pears  Ranger Cookie  Milk</p>	<p><u>THURSDAY</u> 20  Baked Ham  Scalloped Potatoes  Green Beans  Wheat Bread  Fruit Cocktail  Milk</p>	<p><u>FRIDAY</u> 21  Roast Beef  Mashed Pot. &amp; Gravy  Peas &amp; Carrots  Wheat Roll  Peaches  Cupcake  Milk</p>	<p><u>SATURDAY</u> 22</p>
<p><u>MONDAY</u> 24  Meatloaf  Parsley Potatoes  Lettuce Salad  Carrot Coins  Wheat Roll  Citrus Fruit  Milk</p>	<p><u>TUESDAY</u> 25  Oven Chicken  Mashed Pot. &amp; Gravy  Green Beans  Wheat Bread  Fruit Ambrosia  Milk</p>	<p><u>WEDNESDAY</u> 26  Turkey Fettuccini  Peas  Wheat Bread  Jello w/ Strawberries  Milk</p>	<p><u>THURSDAY</u> 27  Crunchy Chicken Salad on Wheat Bread  Potato Salad  Relish Tray  ½ Banana  Milk</p>	<p><u>FRIDAY</u> 28  Biscuits &amp; Sausage  Gravy  V8  Berry Yogurt Parfait  Milk</p>	