

**1% MILK SHOULD BE SERVED AT EACH MEAL
WHOLE WHEAT PRODUCTS SHOULD BE 2 SLICES OR 2 OZ.
UNLESS OTHERWISE NOTED**

JUNE 2024 GRADD



MON	TUE	WED	THU	FRI
<p>DIETARY TIP ONE OF THE BEST AND EASIEST WAYS TO MAINTAIN A HEALTHY BODY WEIGHT: EAT LOW FAT OR NON FAT FOODS.</p>	<p>EXERCISE TIP FOR SOME EASY WAYS TO GET MORE ACTIVE TRY THESE: TAKE A WALK OR SWIM. TAKE THE STAIRS AND NOT THE ELEVATOR.</p>			
<p>3 PEPPER STEAK w GRAVY NORTHERN BEANS SEASONED GREENS YOGURT DINNER ROLL/ MARGARINE</p>	<p>4 SLICED HAM POTATO CHOWDER MIXED FRUIT WHEAT BREAD MAYO</p>	<p>5 TURKEY w GRAVY HERB ROASTED POTATOES SLICED CARROTS PINEAPPLE TIDBITS WHITE BREAD(1)/MARGARINE</p>	<p>6 TUNA SALAD COLESLAW TROPICAL FRUIT COOKIE WHITE BREAD</p>	<p>7 MEATBALLS w GRAVY CORN STEAMED CABBAGE PUDDING WHEAT BREAD/ MARGARINE</p>
<p>10 HAMBURGER ON BUN BAKED BEANS COLESLAW FRUIT CRISP MUSTARD</p>	<p>11 BEAN SOUP COLESLAW DICED PEARS CORNBREAD MARGARINE</p>	<p>12 SALISBURY STEAK w GRAVY WHIPPED SWEET POTATOES GREEN BEANS FRESH ORANGE WHEAT BREAD/ MARGARINE</p>	<p>13 BBQ CHICKEN THIGH LOADED MASHED POTATOES PEAS & CARROTS BANANA/BUN</p>	<p>14 PIMENTO CHEESE CREAM OF BROCCOLI SOUP PINEAPPLE TIDBITS WHITE BREAD SALTINE (1)</p>
<p>17 THEME DAY!! COTTAGE CHEESE CHILLED PEARS BROCCOLI PASTA SALAD SHERBET/ WHEAT CRACKERS (4)</p>	<p>18 BEEF TACO/ CHEESE LETTUCE/TOMATO REFRIED BEANS APPLESAUCE 2 TORTILLAS</p>	<p>19 ITALIAN HERB CHICKEN SMASHED SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL/ MARGARINE</p>	<p>20 CHICKEN VEGETABLE SOUP TOSSED SALAD YOGURT RANCH DRESSING SALTINE (1) WHEAT CRACKER (2)</p>	<p>21 STUFFED GREEN PEPPER CASSEROLE MASHED POTATOES PEACHES WHEAT BREAD/ MARGARINE</p>
<p>24 BEEF STEW BRUSSELS SPROUTS BAKED APPLES HAWAIIAN DINNER ROLL MARGARINE</p>	<p>25 MEATLOAF w KETCHUP GARLIC MASHED POTATOES GREEN PEAS FRUITED GELATIN DINNER ROLL/ MARGARINE</p>	<p>26 POT ROAST w GRAVY CREAMED POTATOES MIXED VEGETABLES MANDARIN ORANGES WHEAT BREAD (1)/ MARGARINE</p>	<p>27 VEGETABLE SOUP COTTAGE CHEESE PEACHES SALTINE (3)</p>	<p>28 CHICKEN SALAD BEETS TOSSED SALAD FRESH APPLE WHEAT BREAD/ RANCH</p>