

May 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Jill Riffle MS, RDN, LD</p> <p>Menu Written By: Carolynn Scott</p>		<p>1</p> <ul style="list-style-type: none"> *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Wheat Sliced Peaches ½ c 	<p>2</p> <ul style="list-style-type: none"> *Breaded Chicken Breast Pattie 3 oz Basil Tomato Sauce 1 oz Spinach ½ c/ 1 Vinegar PC Corn w/ Red Pepper ½ c Whole Grain Bun Sliced Pears ½ c 	<p>3</p> <ul style="list-style-type: none"> *Roasted Turkey Breast 3 oz *Brown Rice ½ c/*Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Mandarin Oranges
<p>6</p> <ul style="list-style-type: none"> 2-2 oz. *Stuffed Shells *w/Sauce 2 oz Broccoli ½ c Glazed Baby Carrots ½ c 1 Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Applesauce ½ c 	<p>7</p> <ul style="list-style-type: none"> * Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c Green Beans ½ c Sliced Peaches & Pears ½ c 	<p>8</p> <ul style="list-style-type: none"> *BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Mixed Fruit ½ c 	<p>9</p> <ul style="list-style-type: none"> Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c Green Beans ½ c Cauliflower ½ c 1 Whole Wheat Bread Banana 	<p>10</p> <ul style="list-style-type: none"> *Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1 PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Pineapple Chunks ½ c
<p>13</p> <ul style="list-style-type: none"> *Fish 4 oz/Tartar Sauce 1PC *Cheese Potatoes ½ c Capri Blend ½ c 1 Whole Grain Wheat Oatmeal Bar 1 oz Orange Juice ½ c 	<p>14</p> <ul style="list-style-type: none"> *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Spinach ½ c/ 1 Lemon PC Whole Grain Bun Sliced Peaches ½ c 	<p>15</p> <ul style="list-style-type: none"> *Chicken Breast Stuffed w/ Broccoli 6 oz Green Beans ½ c *O'Brien Potatoes ½ c 2 Whole Grain White Apricots ½ c 	<p>16</p> <ul style="list-style-type: none"> *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c 	<p>17</p> <ul style="list-style-type: none"> *Sweet & Sour Chicken 3 oz * Brown Rice ½ c Mixed Vegetables ½ c Broccoli ½ c 1 Whole Grain White Mixed Fruit ½ c
<p>20</p> <ul style="list-style-type: none"> *Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Sliced Peaches ½ c 	<p>21</p> <ul style="list-style-type: none"> *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Peas ½ c Baby Carrots ½ c 1 Whole Grain Wheat Sliced Pears ½ c 	<p>22</p> <ul style="list-style-type: none"> *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Spinach ½ c/ 1 Vinegar PC 1 Whole Grain Rye Applesauce ½ c W. G. Vanilla Wafers 1 oz 	<p>23</p> <ul style="list-style-type: none"> *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c W. G. Dinner Roll 2 oz Mandarin Oranges ½ c 	<p>24</p> <ul style="list-style-type: none"> *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ Whole Grain Bun Banana
<p>27</p> <p>Memorial Day</p> <p>Site Closed</p>	<p>28</p> <ul style="list-style-type: none"> *Beef Lasagna 8 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Apricots ½ c 	<p>29</p> <ul style="list-style-type: none"> *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Wheat Bread Banana 	<p>30</p> <ul style="list-style-type: none"> *Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c 	<p>31</p> <ul style="list-style-type: none"> *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Wheat Bread Mandarin Oranges ½ c