

JUNE 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Jill Riffle MS, RDN, LD	Menu Written By: Carolynn Scott			
3 *Sweet & Sour Chicken 3 oz *Brown Rice ½ c/Sauce 2 oz Green Peas ½ c Capri Blend ½ c 1 Whole Grain White Mixed Fruit ½ c	4 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	5 *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 ½ c	6 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	7 Br'd Chicken Breast Patty 3 oz Basil Tomato Sauce 1 oz Spinach ½ c/ 1 Lemon PC Corn w/ Red Pepper ½ c Whole Grain Bun Banana
10 *Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Pineapple Chunks ½ c	11 *Br'd Fish 4oz Tartar Sauce 1PC *Cheese Potatoes ½ c Capri Blend ½ c 1 Whole Grain Wheat Oatmeal Bar 1 oz Orange Juice ½ c	12 *Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c, Green Peas ½ c Sliced Pears ½ c	13 *BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Sliced Peaches ½ c	14 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c Whole Grain Dinner Roll 2 oz Mandarin Oranges ½ c
17 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c Spinach ½ c/ 1 Vinegar PC 1 Whole Grain Rye Applesauce ½ c. W. G. Vanilla Wafers 1 oz	18 *Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Banana	19 *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Mixed Vegetables ½ c Whole Grain Bun Sliced Peaches ½ c	20 *Chicken Breast Stuffed w/ Broccoli 6 oz *O'Brien Potatoes ½ c Green Peas ½ c 2 Whole Grain White Apricots ½ c ATL = CBG TR	21 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c
24 *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC *Baked Beans ½ c *Seasoned Potato Wedges ½ Whole Grain Bun Mixed Fruit ½ c	25 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c	26 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Beans ½ c Baby Carrots ½ c 1 Whole Grain Wheat Banana	27 *Beef Lasagna 6 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Mandarin Oranges ½ c	28 *Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c 2 Whole Wheat Bread Sliced Peaches ½ c