

JUNE 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By:	Menu Written By: Carolynn Scott			
<p>3</p> <p>*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</p>	<p>4</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz Broccoli ½ c Glazed Baby Carrots ½ c 1 Whole Grain Wheat Choc. Chip Cookies 1 oz. Applesauce ½ c</p>	<p>5</p> <p>*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</p>	<p>6</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Apricots ½ c</p>	<p>7</p> <p>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</p>
<p>10</p> <p>*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>	<p>11</p> <p>*Br'd Fish 4 oz/Tartar Sauce 1 PC *Cheese Potatoes ½ c Capri Blend ½ c 2 Whole Grain Wheat Orange Juice ½ c</p>	<p>12</p> <p>*Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c Green Peas ½ c Sliced Pears ½ c</p>	<p>13</p> <p>*BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Mixed Fruit ½ c</p>	<p>14</p> <p>*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</p>
<p>17</p> <p>*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Spinach ½ c/ 1 Vinegar PC 1 Whole Grain Rye Applesauce ½ c. Choc. Chip Cookies 1 oz A</p>	<p>18</p> <p>*Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Banana</p>	<p>19</p> <p>*Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Mixed Vegetables ½ c Whole Grain Bun Mandarin Oranges ½ c</p>	<p>20</p> <p>*Chicken Breast Stuffed w/ Broccoli 6 oz *O'Brien Potatoes ½ c Green Peas ½ c 2 Whole Grain White Apricots ½ c</p>	<p>21</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c</p>
<p>24</p> <p>*Beef Hot Dog 2 oz Mustard & Ketchup 1 PC *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Mixed Fruit ½ c</p>	<p>25</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c</p>	<p>26</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Beans ½ c Baby Carrots ½ c 1 Whole Grain Wheat Banana</p>	<p>27</p> <p>*Beef Lasagna 6 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Mandarin Oranges ½ c</p>	<p>28</p> <p>*Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c 2 Whole Wheat Bread Pears ½ c</p>

Rev MB