



June 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parenthesis next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold. Menu is subject to change</p>	<p>Milk: 110 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb</p> <div style="text-align: center;">  D=Dairy </div>	<p>Daily totals include entrée, bread, dessert, milk, margarine, and soup.</p> <p>"Catch of the Day" will vary based on availability. Menu items may be obtained from different sources month to month, affecting their sodium content.</p>		
<p>3 Pulled Pork(653*) Au Gratin Potatoes(154) Chuckwagon Corn(2) Hamburger Roll(230) Strawberry Cup(4)</p>	<p>4 LS Hot Dog(550*) Mustard(55) Baked Beans(36) Cabbage and Carrots(47) Hot Dog Roll(210) Cinnamon Apples(4)</p>	<p>5 Soup of the Day(330) Honey Mustard Chicken(481) Red Bliss Potatoes(4) Oatmeal Bread(121) Mandarin Oranges(6)</p>	<p>6 Beef Picadillo(251) Fluffy Rice(36) Scandinavian Vegetables(42) Whole Wheat Bread(160) Pineapple(1)</p>	<p>7 Turkey Divan(321) Cheesy Mashed Potatoes(90) Multigrain Bread(190) Hermit(108) MOD: Graham Wafer(85)</p>
Calories: 760 Fat: 27% Sodium: 1215mg Carb: 111g	Calories: 720 Fat: 39% Sodium: 1074mg Carb: 79g	Calories: 609 Fat: 22% Sodium: 1114mg Carb: 75g	Calories: 576 Fat: 29% Sodium: 662mg Carb: 76g	Calories: 769 Fat: 29% Sodium: 881mg Carb: 89g
<p>10 Fiesta Omelet(382) Hashbrowns(136) Florentine Tomatoes(121) Fruit Loaf(160) Strawberry Cup(4)</p>	<p>11 Cheeseburger(387) Ketchup(82) Roasted Potatoes(33) Glazed Carrots(83) Hamburger Roll(230) Orange(0)</p>	<p>12 Chicken Chow Mein(253) Asian Rice(92) Whole Wheat Bread(160) Pineapple(1)</p>	<p>13 American Chop Suey(211) Spring Vegetables(57) Multigrain Roll(190) Strawberry Cup(4)</p>	<p>14 Roast Turkey(360) Gravy(70) Cranberry Sauce(16) Mashed Potatoes(62) Winter Squash(13) Oatmeal Bread(121) Tapioca Pudding(130) MOD: LS Pudding(130)</p>
Calories: 766 Fat: 32% Sodium: 975mg Carb: 106g	Calories: 804 Fat: 37% Sodium: 987mg Carb: 86g	Calories: 564 Fat: 26% Sodium: 678mg Carb: 69g	Calories: 677 Fat: 22% Sodium: 634mg Carb: 100g	Calories: 783 Fat: 23% Sodium: 944mg Carb: 120g
<p>17 Potato Pollock Filet(337) Tartar Sauce(261) Lyonnaise Potatoes(112) Wax/Green Beans(3) Whole Wheat Roll(160) Cookie(170)</p>	<p>18 Lasagna(290) Tomato Sauce(55) Italian Vegetables(26) Dinner Roll(160) Peaches(5)</p>	<p>19 Beef Stroganoff(270) Egg Noodles(1) Mixed Vegetables(41) Multigrain Bread(190) Strawberry Cup(4)</p>	<p>20 Chicken Bruschetta(394) Whipped Sweet Potato(33) Tahitian Vegetables(28) Oatmeal Bread(121) Brownie(132) MOD: Graham Wafer(85)</p>	<p>24 Macaroni and Cheese(403) Escalloped Tomatoes(143) Fruit Loaf(160) Mandarin Oranges(6)</p>
Calories: 960 Fat: 43% Sodium: 1215mg Carb: 102g	Calories: 552 Fat: 20% Sodium: 708mg Carb: 83g	Calories: 778 Fat: 27% Sodium: 678mg Carb: 104g	Calories: 674 Fat: 26% Sodium: 890mg Carb: 85g	Calories: 816 Fat: 36% Sodium: 884mg Carb: 100g
<p>24 Beef Chili (176) Fluffy Rice (36) Roman Vegetables (26) Whole Wheat Roll (160) Banana (1)</p>	<p>25 Pulled Pork(653*) Parsley Mashed Potatoes(63) Country Vegetables(32) Wheat Bread(115) Apple(2)</p>	<p>26 Soup of the Day(330) Catch of the Day(40) Lemon Vinaigrette(10) Whole Wheat Roll(160) Strawberry Cup(4)</p>	<p>27 Meatloaf(131) Rosemary Gravy(124) Mashed Potatoes(62) Brussels Sprouts(12) Multigrain Bread(190) Birthday Cake(209) MOD: LS Cake(209)</p>	<p>28 Teriyaki Chicken(478) Asian Rice(92) Oriental Vegetables(26) Oatmeal Bread(121) Pears(4)</p>
Calories: 654 Fat: 25% Sodium: 571mg Carb: 94g	Calories: 651 Fat: 27% Sodium: 1037mg Carb: 94g	Calories: 732 Fat: 35% Sodium: 716mg Carb: 81g	Calories: 847 Fat: 29% Sodium: 900mg Carb: 116g	Calories: 528 Fat: 23% Sodium: 893mg Carb: 64g
<p>Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred. For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619 no later than 10:30 a.m. on the day before delivery.</p>				