














June Menu 2019

Site: Rapid City

<p>Monday 3</p> <p>Sausage Gravy over a Biscuit 2CS Green Beans Baked Squash 1CS Strawberries 1CS</p> 	<p>Tuesday 4</p> <p>Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Banana 2CS Chocolate Pudding w/Topping 2CS Bread 1CS</p>	<p>Wednesday 5</p> <p>Beef Cabbage Soup 1 1/2CS Chicken Salad Sandwich 2CS Bread Pudding with Raisins and Topping 1 1/2CS Pears 1CS</p> 	<p>Thursday 6</p> <p>BBQ Chicken 1CS Parslied Potatoes 1CS Peas 1CS Sunshine Salad 1CS Cooked Apples 1 1/2CS</p>	<p>Friday 7</p> <p>Chef Salad 1CS Lt. French Dressing LS Crackers 1CS Peaches 1CS Cranberry Orange Bar 1CS</p> 
<p>Monday 10</p> <p>Sweet & Sour Chicken 1CS Oven Baked Rice 1 1/2CS Broccoli Apricots 1CS Bread 1CS</p>	<p>Tuesday 11 HAPPY BIRTHDAY</p> <p>Salisbury Steak w/Gravy 1CS Baked Potato 1CS California Blend Veg. Orange Juice 1CS Bread 1CS Cake 2CS</p> 	<p>Wednesday 12</p> <p>Cheeseburger Pie 1CS Glazed Carrots 1CS Spinach Salad w/Man Oranges 1/2CS Green Beans Banana 2CS</p>	<p>Thursday 13</p> <p>Cream of Potato Soup 1 1/2CS Ham & Cheese Sandwich 2CS Cucumber Slices Med Orange 1CS</p> 	<p>Friday 14</p> <p>Taco Salad w/Meat & Beans 2CS LS Crackers 1CS Fruit Crisp 1 1/2CS SF Vanilla Ice Cream 1CS</p>
<p>Monday 17</p> <p>Sloppy Joe on a Bun 2CS Potato Wedges 1CS Cooked Baby Carrots 1/2CS Pears 1CS</p> 	<p>Tuesday 18</p> <p>Breaded Baked Fish Hashbrown Patty 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Bread 1CS</p>	<p>Wednesday 19</p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas 1CS Fresh Fruit 1CS Bread 1CS</p> 	<p>Thursday 20</p> <p>Mexican Chicken Soup w/Cheese 1CS LS Crackers 1CS Pineapple Tidbits 1CS SF Vanilla Ice Cream 1CS</p>	<p>Friday 21</p> <p>Oven Omelet w/Ham & Cheese 1CS Pasta Veggie Salad 1 1/2CS LS Tomato Juice 1CS Banana 2CS Bread 1CS</p> 
<p>Monday 24</p> <p>Chef's Choice</p> 	<p>Tuesday 25</p> <p>Open Face Hot Hamburger Mashed Potatoes w/Gravy 1CS Peas & Carrots 1CS Cranberry Sauce 1CS Mandarin Oranges 1CS Bread 1CS</p> 	<p>Wednesday 26</p> <p>Meatloaf 1/2CS Parslied Potatoes 1CS Green Beans Jello w/Fruit 1CS Cooked Apples 1 1/2CS Bread 1CS</p>	<p>Thursday 27</p> <p>Chicken Pot Pie Topped with a Biscuit 2CS Broccoli Peaches 1CS</p> 	<p>Friday 28</p> <p>Tater Tot Casserole 1CS Spinach Salad Tropical Fruit 1CS Bread Stick 1CS</p> 
 <p>Happy Father's Day - June 16th</p>				

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1-2 bread / grain servings (1 - 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup

**Fat free dressing is served with salad

*****MENU SUBJECT TO
CHANGE WITHOUT NOTICE*****

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS. IN ADVANCE

Please leave your name, where you eat and what day