



June Menu 2020
Site: Rapid City



<p>Monday 1</p> <p>Chicken Fried Steak 1CS Diced Potatoes w/Milk Gravy 1CS Peas & Carrots 1CS Fresh Orange 1CS Bread 1CS</p> 	<p>Tuesday 2</p> <p>Mexican Chicken Soup w/Cheese 1CS Unsalted Crackers 1CS Mandarin Oranges 1CS Vanilla Pudding 1CS</p> 	<p>Wednesday 3</p> <p>Hamburger on a Bun 2CS Potato Salad 1 1/2CS Corn 1CS Tomato slices on Leaf Lettuce Cooked Apples 1 1/2CS</p>	<p>Thursday 4</p> <p>Creamed Turkey 1CS over a Biscuit 1CS Sweet Potato 1 1/2CS Broccoli Pears 1CS</p> 	<p>Friday 5</p> <p>Beef Noodle Stroganoff 2CS Mixed Vegetables 1/2CS Cooked Cabbage Pineapple Tidbits 1CS Bread 1CS</p>
<p>Monday 8</p> <p>Sausage Gravy over Biscuit 2CS Green Beans Baked Squash 1 1/2CS Cranberry Sauce 1CS Apple Juice 1CS</p>	<p>Tuesday 9 HAPPY BIRTHDAY</p> <p>Hungarian Goulash 3CS Brussel Sprouts Carrots 1/2CS Pears 1CS Garlic Bread 1CS Cake 2CS</p> 	<p>Wednesday 10</p> <p>Salisbury Steak w/ Gravy 1CS Baked Potato 1CS California Vegetables 1/2CS Fruit Cocktail 1CS Orange Juice 1CS Bread 1CS</p>	<p>Thursday 11</p> <p>Taco Salad w/ Meat & Beans 2CS Cottage Cheese Fruit Crisp 1 1/2CS SF Vanilla Ice Cream 1CS</p> 	<p>Friday 12</p> <p>Roast Turkey Boiled Potatoes w/ Gravy 1CS Peas & Carrots 1CS Applesauce 1 1/2CS Bread 1CS</p>
<p>Monday 15</p> <p>Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1 1/2CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Bread 1CS</p> 	<p>Tuesday 16</p> <p>Chicken Pot Pie topped w/Biscuit 2CS Broccoli Peaches 1CS Jello w/Topping 1CS</p>	<p>Wednesday 17</p> <p>Swiss Steak w/Onion & Tomato Mashed Potatoes 1CS Peas 1CS Pears 1CS Bread 1CS</p> 	<p>Thursday 18</p> <p>Breaded Baked Fish Hashbrowns Patty 1CS California Vegetables 1/2CS Coleslaw Banana 2CS Bread 1CS</p>	<p>Friday 19</p> <p>BBQ Chicken 1CS Baked Potato 1CS Green Beans Orange Juice 1CS Peaches 1CS Bread 1CS</p> 
<p>Monday 22</p> <p>Mexican Chicken Soup w/Cheese 1CS Unsalted Crackers 1CS Mandarin Oranges 1CS Vanilla Pudding 1CS</p>	<p>Tuesday 23</p> <p>Chicken Fried Steak 1CS Diced Potatoes w/Milk Gravy 1CS Peas & Carrots 1CS Fresh Orange 1CS Bread 1CS</p> 	<p>Wednesday 24</p> <p>Beef Noodle Stroganoff 2CS Mixed Vegetables 1/2CS Cooked Cabbage Pineapple Tidbits 1CS Bread 1CS</p> 	<p>Thursday 25</p> <p>Hamburger on a Bun 2CS Potato Salad 1 1/2CS Corn 1CS Tomato slices on Leaf Lettuce Cooked Apples 1 1/2CS</p>	<p>Friday 26</p> <p>Creamed Turkey 1CS over a Biscuit 1CS Sweet Potato 1 1/2CS Broccoli Pears 1CS</p> 
<p>Monday 29</p> <p>Sausage Gravy over Biscuit 2CS Green Beans Baked Squash 1 1/2CS Cranberry Sauce 1CS Apple Juice 1CS</p> 	<p>Tuesday 30</p> <p>Roast Turkey Boiled Potatoes w/ Gravy 1CS Peas & Carrots 1CS Applesauce 1 1/2CS Bread 1CS</p>			<p> Happy Father's Day - June 21st</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

*****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