
















June Menu 2020

Site: Rapid City



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

*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