














May Menu 2019

Site: Rapid City

		1A#18 May Day 1 Citrus Chicken Herbed Diced Potatoes 1CS Green Beans Cranberry Juice 1CS Perfection Salad 1/2 CS Orange 1CS / Bread 1CS 	3 #11 2 Chili 1 1/2CS Cinnamon Roll w/Almonds 2CS Baby Carrots 1/2CS Light Yogurt 1CS Orange Juice 1CS	1-A#12 3 Pork Roast Boiled Potatoes w/Gravy 1CS Broccoli Patio Salad 1CS Cranberry Sauce 1CS Bread 1CS 
#7-1A 6 Hamburger on a Bun 1CS Baked Potato w/Sour Cream 1CS Corn 1CS Tomato Slices on Lettuce Peaches 1CS 	CH#33 7 Cider-Braised Pork Chop 1CS Country Time Mac Salad 1CS Broccoli & Cauliflower Cooked Apples 1 1/2CS Bread 1CS	CH#61D 8 Baked Steak w/ Mushroom Gravy Baked Potato w/Sour Cream 1CS Green Beans Spinach Salad 1/2CS Fruit Crisp 1 1/2CS Bread 1CS	CH#5 9 Chunky Chicken Veg Soup 1CS Garlic Bread 1CS LS V-8 Juice Banana 2CS 	#25-1A 10 Taco Salad w/Meat & Beans 2CS Unsalted Crackers 1CS Peach Crisp 1 CS Vanilla Ice Cream 1 CS
1A#5 13 Creamed Turkey 1CS Oven Mashed Potatoes 1CS Parslied Carrots 1/2CS Peas 1CS Mandarin Oranges 1CS Bread 1CS	1A#16 HAPPY BIRTHDAY 14 Beef Tips in Gravy Mashed Potatoes 1CS Broccoli Tossed Salad w/Tomatoes Peaches 1CS / Bread 1CS Cake 2CS 	#5-3 15 Tater Tot Casserole 1 CS Seasoned Spinach Tropical Fruit 1CS Bread Stick 1CS 	#3-17 16 Sausage Gravy over a Biscuit 2CS Green Beans Baked Squash 1CS Strawberries in Jello 1CS	# 20-1A & 18-2 17 Salisbury Steak w/Gravy 1CS Baked Potato 1CS California Blend Veg. Orange Juice 1CS Seasonal Fruit 1CS Bread 1CS
#16-1A 20 Chicken & Noodles 2CS Tossed salad w/Tomatoes Broccoli Peaches 1CS Dinner Roll 1CS 	#3-1A 21 Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Bread 1CS	#76D 22 Breaded Baked Fish Peas 1CS Parslied Carrots 1/2CS LS V-8 Juice Acini de Pepe Salad 1CS Bread 1CS	3#10 23 Baked Chicken 1/2CS Harvest Beets 1CS Baked Sweet Potato 1 1/2CS Pears 1CS Tomato Juice 1/2CS Bread 1CS 	# 24 Chef's Choice 
# CLOSED 27 	#66A 28 Sloppy Joe on a bun 2CS Potato Wedges 1CS Cooked Baby Carrots 1/2CS Pears 1CS 	1#16 29 Chicken Pot Pie topped w/Biscuit 2CS Broccoli Peaches 1CS 	3#21 30 Steak & Tater Stew 1 1/2CS WW Crackers 2CS Orange Juice 1CS Fruit Crisp 1 1/2CS Bread 1CS	#4 31 Spaghetti w/Meatballs 2CS Broccoli Banana 1CS Chocolate Pudding w/Topping 1CS Garlic Bread 1CS

*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