

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

June 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Navy bean soup Shepards pie Mashed potatoes Mixed vegetables Sliced Pears	2	Vegetable lentil soup Chicken fajita w/peppers & onions Spanish rice/ Sour cream Tortilla Fresh fruit	3	Vegetable barley soup Sloppy Joe Potato wedges Green beans Sliced Apples	4	Tomato soup Roasted turkey w/gravy Bread stuffing Mixed vegetables Tropical Fruit	5	Chicken soup Baked fish Cole slaw Parsley potatoes Peaches
8	Escarole & bean soup Chicken marsala Rice pilaf Roasted root vegetables Tropical fruit	9	Chicken & rice soup Pub burger w/ cheese Sliced potatoes Cole slaw Peaches	10	Tuscan lentil soup Greek chicken thighs Sliced carrots Lemon roasted potatoes Mixed fruit	11	Carrot soup Pork roast w/ gravy Mixed vegetables Sweet potatoes Sliced Pears	12	Tuscan white bean soup Meatball & pepper sandwich 3 bean salad Pasta salad Sliced apples
15	Vegetable soup French onion chicken Sweet mashed potatoes Roasted zucchini w/ tomatoes Sliced peaches	16	Chicken escarole soup Swedish meatballs Italian vegetables Mashed potatoes Fresh Fruit	17	Creamy vegetable soup Sausage & pepper sandwich Pasta salad Green beans Tropical fruit	18	Lentil vegetable soup Roast beef w/mushroom gravy Carrots w/ broccoli Baked potato Sliced Pears	19	Chicken Salad 3 bean Salad Pasta Salad Tropical Fruit
22	Mushroom barley soup Lasagna roll up w/meat sauce California blend vegetables Garlic bread Fruit cocktail	23	Tomato soup Roasted pork loin Dirty rice Peas & carrots Sliced peaches	24	Creamy cauliflower soup Lemon chicken Potatoes O'Brien Mixed vegetables Sliced pears	25	Chicken & rice soup Meatloaf w/ gravy Mashed potatoes Buttered corn Sliced Apples	26	Lentil vegetable soup BBQ chicken sandwich 3 bean salad Mixed fruit
29	Meatball soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit	30	Tuscan vegetable soup Baked pasta w/sausage & meatballs Greek cucumber salad Tropical fruit			WW=Whole Wheat		Bread & Milk Served Daily	