

Erie County Stay Fit Dining Program

STANDARD MENU

JUNE 2016

Mon	Tue	Wed	Thu	Fri
30 <u>Memorial Day Holiday</u> NO MEALS SERVED!	31 Hamburger w/Gravy Soft Roll & Ketchup Au Gratin Potatoes California Mixed Vegetables Fresh Fruit 832	1 Roasted Chicken Thigh Spanish Rice Brussels Sprouts Italian Bread Cinnamon Pears 727	2 Sliced Turkey w/Gravy Mashed Squash Tender Peas Oat Bran Muffin Square Mandarin Oranges 605	3 Lasagna Roll w/ Meat Sauce & Mozzarella Spinach & Mushrooms Apple Juice Whole Wheat Roll Cantaloupe 757
6 Chicken & Sausage Jambalaya Casserole Chopped Broccoli Fiesta Corn Sugar Cookies 781	7 Sliced Ham w/Mustard Sauce Lazy Pierogi Mashed Squash Rye Bread Strawberry Bavarian 643	8 <u>Soup & Sandwich</u> Tasty Sloppy Joe Whole Wheat Soft Roll Hearty Vegetable Soup Carrot Coins Peach & Pear Cup 753	9 Boneless Chicken Breast w/Gravy Mashed Potatoes Seasoned Spinach Wheat Dinner Roll Frosted Chocolate Cake 831	10 Breaded Fish w/Tartar Sauce Whole Wheat Soft Roll Broccoli, Cheese, Rice Casserole Confetti Coleslaw Ambrosia w/Fruit 922
13 Shredded Pork in Gravy Oven Browned Potatoes Mashed Squash Rye Bread Chocolate Pudding 770	14 <u>Flag Day Lunch!</u> Marinated Roasted Chicken Breast Ranch Mashed Potatoes Orange Glazed Carrots Whole Wheat Roll Vanilla Ice Cream! 924	15 <u>Entrée Salad</u> Tuna Pasta Salad Fresh Mixed Greens Cherry Tomatoes & Carrots Apple Juice Unsalted Crackers Frosted Yellow Cake 980	16 Chicken Parmesan, Penne Pasta w/Tomato Sauce & Mozzarella Cheese Italian Style Beans Grape Juice Fresh Fruit 763	17 <u>Father's Day Lunch!</u> Bone-In Breaded Pork Chop w/Gravy Peas & Carrots Warm Apples & Cranberries Whole Wheat Roll Chocolate Cream Pie! 1066
20 <u>First Day of Summer Picnic!</u> BBQ Hamburger Soft Roll Seasoned Red Potatoes Confetti Coleslaw Fruit Delight Cookie 825	21 Goulash Casserole w/Shredded Cheese Chopped Broccoli Zucchini & Summer Squash Italian Bread Fresh Fruit 738	22 Sliced Ham w/ Mustard Sauce Whole Sweet Potatoes Cauliflower Whole Wheat Bread Strawberry Bavarian 580	23 Cheese Stuffed Shells w/Meat Sauce Grape Juice Peas & Carrots Whole Wheat Roll Frosted Chocolate Cake 1089	24 Turkey Vegetable Casserole Chive Mashed Potatoes Buttermilk Biscuit Tropical Fruit 593
27 Knockwurst w/ Sauerkraut & Mustard Hot Dog Bun Home Fries Seasoned Spinach Pineapple Tidbits 707	28 Boneless Chicken Breast w/Gravy Lima Bean Bake Mixed Vegetables Multigrain Bread Fruited Gelatin 542	29 Sliced Turkey w/Gravy Bread Stuffing Duchess Mashed Potatoes Green Beans Chocolate Chip Cookies 989	30 Chili Con Carne w/Shredded Cheese White Rice Carrot Coins Grape Juice Vanilla Pudding 800	1 <u>Fourth of July Lunch!</u> Breaded Pork Loin w/Gravy Seasoned Red Potatoes Chopped Broccoli Whole Wheat Roll Apple Pie! 765