

Erie County Stay Fit Dining Program Standard Menu

June 2022

Tuesday	Wednesday	Thursday
<p>31 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Fresh Apple Chocolate Milk (781)</p>	<p>1 Whole Grain Pasta with Meatsauce Chef Salad with Dressing Dinner Roll Carrots Tapioca Pudding (878)</p>	<p>2 Soup & Salad Beef Barley Soup Rye Bread Chef Salad with Dressing Cauliflower Grape Juice Chocolate Mousse (740)</p>
<p>7 Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Frosted Lemon Cake (781)</p>	<p>8 Entrée Salad Tuna Salad on a Bed of Salad Greens with Dressing Whole Wheat Dinner Roll Baked Pear Crisp (670)</p>	<p>9 Breaded Chicken Breast with Tomato Sauce & Shredded Mozzarella over Pasta Wax Beans Chef Salad with Dressing Tropical Fruit Chocolate Milk (709)</p>
<p>14 Flag Day Meal Breaded Chicken Drumsticks Au Gratin Potatoes Green Beans Dinner Roll Fresh Melon Salad Ice Cream Sandwich (836)</p>	<p>15 Baked Chicken with Lemon Herb Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (639)</p>	<p>16 Father's Day Lunch Breaded Pork Chop with Gravy Ranch Mashed Potatoes Chef Salad with Dressing Broccoli Florets Dinner Roll Boston Cream Pie (918)</p>
<p>21 Welcome Summer! Low-fat Cottage Cheese with Mandarin Oranges & Pineapple on a Bed of Fresh Salad Greens with Dressing Club Crackers Marinated Tomatoes & Cucumber Salad Strawberry Shortcake (745)</p>	<p>22 Beef Macaroni Casserole California Mixed Vegetables Chef Salad with Dressing Rye Bread Fruit Compote Chocolate Milk (860)</p>	<p>23 Roasted Turkey with Cranberry Sauce Mashed Potatoes Peas & Carrots Breakaway Roll S'mores Scramble (645)</p>
<p>28 Chicken Shawarma Seasoned Green Beans Cauliflower Quinoa Tabouleh Salad Sugar Cookies (637)</p>	<p>29 Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (811)</p>	<p>30 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Raisin Bread Mandarin Oranges Chocolate Milk (692)</p>