

June 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 1)	West Lake Worth		1st 2 Each Orange Juice 1 Each Fig Bar 1 Slice (WG) Bread 1 oz. Peanut Butter, Margarine 1% Low fat Milk	2nd Orange Pineapple Juice Mandarin Oranges 2 oz. Turkey Ham 1 American Cheese 2 Slices (WG) Bread Jelly & Margarine 1% Low fat Milk	3rd Orange Pineapple Juice Banana WG Bagel 2 oz. Peanut Butter & Jelly WG Fig Bar 1% Low Fat Milk
LUNCH			Cheeseburger Ketchup/Mustard Garlic Mashed Potatoes Country Vegetables Orange Pineapple Juice 1% Low Fat Milk	Roast Chicken Thigh Yellow Rice/Veg Spinach Bread & Margarine Graham Crackers 1% Low fat Milk	Beef Patty Mashed Potatoes Cabbage Bread & Margarine Pineapple Juice 1% Low Fat Milk
BREAKFAST (Week 2)	6th 2 Each Orange Juice 1 Raisin Bran Cereal 2 Slice WG Bread 1 oz. Peanut Butter 1 Jelly 1 Margarine 1% Low Fat Milk	7th 2 Each Pineapple Juice 1 WG Bagel 4 oz. Pears 2 oz. Turkey Ham 2 oz. Cream cheese 1% Low Fat Milk	8th 2 Each Mandarin Oranges 1 Slice WG Raisin Bread 1 Fig Bar 3 Hard-Boiled Eggs 1 oz. Peanut Butter 1 Margarine 1% Low Fat Milk	9th 1 Banana & 4oz. Orange Juice 2 Slices WG Bread 2 Slices American Cheese 1 oz. Peanut Butter 1 Jelly 1 Margarine 1% Low fat Milk	10th 2 Each Diced Pineapple Tidbits 1 WG English Muffin 1 Wheat Cereal 2 oz. Peanut Butter 1 Jelly/Margarine 1% Low Fat Milk
LUNCH	Sweet & Sour Chicken Rice Peppers & Onions Bread & Margarine Pineapple Juice 1% Low Fat Milk	Rotini Alfredo Spinach Confetti Corn Bread & Margarine Peanuts Juice Cup 1% Low fat Milk	Meatloaf Mashed Potatoes Country Vegetables Bread & Margarine Applesauce 1% Low Fat Milk	Chicken Salad on Bun Pea & Cheese Salad Cucumber Salad Orange Pineapple Juice 1% Low Fat Milk	Teriyaki Meatballs Brown Rice Stir Fry Vegetables Bread & Margarine Applesauce 1% Low fat Milk
BREAKFAST (Week 3)	13th 2 Each Orange/Pineapple Juice 3 Hard Boiled Eggs WG Fig Bar 1 Slice (WG) Bread & Margarine 1% Low Fat Milk	14th 2 Each Pineapple Tidbits Oat Ring Cereal 2 Slice (WG) Bread 2 oz. Turkey Ham Margarine 1% Low Fat Milk	15th Orange Juice Banana 2 Slice (WG) Bread 2 Slice American Cheese Jelly & 2 Margarine 1% Low Fat Milk	16th 2 Each Mandarin Oranges Yogurt Cup Wheat Cereal 2 Slice (WG) Bread & Margarine 1% Low fat Milk	17th Congregate Food Staff Retreat Closed
LUNCH	Chicken Soft Tacos Confetti Corn Yellow Rice w/ Veg Juice Cup 1% Low Fat Milk	Pasta w/ Meat Sauce Country Vegetables Cauliflower & Peppers Garlic Roll & Margarine Applesauce 1% Low fat Milk	Chicken Thigh & Gravy Mashed Potatoes Spinach Bread & Margarine Applesauce 1% Low Fat Milk	Macaroni & Cheese Green Peas Carrots WG Roll Applesauce 1% Low fat Milk	Closed
BREAKFAST (Week 4)	20th ACC Staff Retreat Closed	21st 2 Orange Pineapple Juice 3 Each Hard-Boiled Eggs 2 Slices (WG) Bread & Margarine 1 oz. Peanut Butter 1% Low Fat Milk	22nd Mandarin Oranges Banana 2 Slices American Cheese 1 Slice (WG) Bread WG Fig Bar Jelly & Margarine 1% Low Fat Milk	23rd 2 Each Pineapple Tidbits 2 String Cheese Bran Flakes WG Bread & Margarine 1% Low fat Milk	24th Pineapple Juice Fresh Orange Crispy Rice Cereal 2 Slices (WG) Bread & Margarine 2 oz. Peanut Butter 1% Low Fat Milk
LUNCH	Closed	Beef Patty w/Mushrooms Egg Noodles Cauliflower & Peppers Bread & Margarine Orange Juice 1% Low Fat Milk	Roast Chicken Thigh Garlic Mashed Potatoes Cabbage Bread & Margarine Applesauce 1% Low Fat Milk	Meatball Marinara Rotini Pasta Country Vegetables Garlic Roll & Margarine Orange Pineapple Juice 1% Low Fat Milk	Chicken & Rice Paella Spinach Beets WG Roll Applesauce 1% Low Fat Milk
BREAKFAST (Week 1)	27th 2 each Orange Pineapple Juice 1 Blueberry Muffin 1 Slice WG Bread 4 oz. Yogurt 1 oz. Peanut Butter 1 Margarine 1% Low fat Milk	28th 1 Banana 4 oz. Mandarin Oranges 2 Slices WG Bread 3 Each Hard-Boiled Eggs 1 Margarine 1% Low Fat Milk	29th 2 each Orange Juice 1 each Fig Bar 1 Slice WG Bread 1 oz. Peanut Butter 1 Margarine 1% Low fat Milk	30th Orange Pineapple Juice Mandarin Oranges 2 oz. Turkey Ham 1 American Cheese 2 Slices WG Bread Jelly Margarine 1% Low Fat Milk	This menu is subject to change!

LUNCH	Chicken Marsala Stewed Tomatoes Rice Bread Margarine Juice Cup 1% Low fat Milk	Egg Salad on Bun Three Bean Salad Macaroni Salad Applesauce 1% Low Fat Milk	Cheeseburger Ketchup/Mustard Garlic Mashed Potatoes County Vegetables Orange Pineapple Juice 1% Low Fat Milk	Roast Chicken Thigh Yellow Rice W/Vegetables Spinach Bread + Margarine Graham Crackers 1% Low Fat Milk	
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