

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
A: Lemon Pepper Chicken
B: Beef Stroganoff
Lima Beans
Broccoli & Cauliflower
Multi Grain Bread
Fresh Fruit
Milk | Margarine

3
INDEPENDENCE DAY MEAL
A: BBQ Pork Rib Patty
B: BBQ Chicken
Baked Beans
Coleslaw
Hamburger Bun
Peach Cobbler | Diet: Hot Peaches
Milk

4
CLOSED

5
A: Beef Fiesta Macaroni
B: Parmesan Chicken
Spinach
Stewed Tomatoes
Wheat Roll
Sugar Cookie | Diet: Vanilla Wafers
Milk | Margarine

6
A: Pork Loin Piccata
B: Liver & Onions
Whipped Potatoes
Green Peas
Wheat Bread
Fresh Fruit
Milk | Margarine

9
A: Meatloaf with Brown Gravy
B: Pineapple Glazed Chicken
Whipped Potatoes
Lima Beans
Wheat Roll
Fresh Fruit
Milk | Margarine

10
A: Chicken Noodle Casserole
B: Beef with Mushroom Gravy
Spinach
Whole Kernel Corn
Texas Bread
Mandarin Oranges
Milk | Margarine

11
A: Sliced Ham
B: Pasta Primavera
Sweet Potato Casserole
California Vegetable Blend
Wheat Roll
Sugar Cookie | Diet: Graham Crackers
Milk | Margarine

12
A: Taco Meat
B: Taco Chicken
Lettuce & Tomato
Mexican Rice
Mixed Beans
Flour Tortilla
Fresh Fruit
Milk | Taco Sauce | Sour Cream

13
A: Chef Salad with Turkey Ham
B: Chef Salad with Chicken
Carrot Raisin Salad
Saltine Crackers
Fresh Fruit
Milk | Salad Dressing

16
A: Pork Roast with Pork Sauce
B: Mushroom Chicken
Brown Rice
Brussels Sprouts
Dinner Roll
Fresh Fruit
Milk | Margarine

17
A: Beef Italiano
B: Honey Mustard Chicken
Baked Sweet Potato
Zucchini & Red Peppers
Wheat Roll
Fresh Fruit
Milk | Margarine

18
A: Lemon Pepper Chicken
B: Savory Beef Patty
Oven Roasted Potatoes
Okra & Tomatoes
Multi Grain Bread
Chocolate Chip Cookies | Diet: Cream Cookies
Milk | Margarine

19
A: Spaghetti with Meat Sauce
B: Spinach Lasagna
Green Beans
Breadstick
Cherry Crisp | Diet: Hot Apples
Milk | Margarine

20
A: Cranberry Dijon Chicken
B: Beef with Gravy & Peppers
Whipped Potatoes
Sliced Carrots
Wheat Roll
Fresh Fruit
Milk | Margarine

23
A: Swiss Steak
B: Garlic Rosemary Chicken
Whipped Potatoes
Glazed Carrots
Wheat Roll
Tropical Fruit
Milk | Margarine

24
A: Chicken Chili
B: Vegetarian Chili
Brown Rice
Zucchini
Saltine Crackers
Chocolate Chip Cookie | Diet: Vanilla Wafers
Milk

25
A: Sloppy Joe Meatballs
B: Chicken Primavera
Whole Kernel Corn
Brussels Sprouts
Breadstick
Fresh Fruit
Milk | Margarine

26
A: Turkey with Supreme Sauce
B: Pork Roast with Gravy
Buttermilk Potatoes
Spring Vegetable Blend
Wheat Roll
Mandarin Oranges
Milk | Margarine

27
A: BBQ Pork Rib Patty
B: Grilled Chicken
Baked Beans
Potato Salad
Wheat Hamburger Bun
Birthday Cake | Diet Cake
Milk | Mayonnaise

30
A: Swedish Meatballs
B: Parmesan Chicken
Garlic Rotini
Rosemary Carrots
Multi Grain Bread
Hot Spiced Peaches
Milk | Margarine

31
A: Chicken Rice Casserole
B: Ham & White Beans
Herbed Green Beans
Mixed Cabbage & Carrots
Cornbread
Devil's Food Cake | Diet Cake
Milk | Margarine

**Food Allergy Reference List
Available @ 419-382-5791**

Americans consume only about half as much fiber as recommended. The average intake is a mere 16 grams daily, yet experts tell us that men and women should aim for 38 and 25 grams per day respectively. Getting the right amount – and the right types – of fiber can help you stay regular in the bathroom, control your blood sugar and cholesterol levels, optimally feed your gut bacteria and probably even help you prevent chronic diseases.

Adapted from <https://foodandhealth.com>

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