



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn	2 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Veggies	3 *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies	4 *Meatloaf General TSO Chicken Brown Rice Egg Roll Stir Fry Vegetables Stewed Tomatoes	5 *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans	6
7	8 *Baked Ham Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Peas Broccoli	9 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots	10 SMASH BURGER DAY *Baked Fish Smash Burger & Toppings Garden Rice Monte Carlo Blend Vegetables	11 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Egg Roll Chateau Blend Veggies Stewed Tomatoes	12 *Roast Pork / Gravy Chipotle Lime Tilapia Mashed Potatoes Green Beans California Blend Vegetables	13
14	15 *Chick Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	16 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans Corn	17 *Cheese Lasagna Rollup Grilled Turkey, Bacon, & Cheese on Flatbread Winter Blend Vegetables Brussel Sprouts	18 *Beef Tips with Peppers Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes	19 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes Green Peas Island Blend Veggies	20
21 FATHER'S DAY FIRST DAY OF SUMMER	22 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Vegetables	23 *Herb Baked Chicken PICK TWO-SDAY Sandwich/Soup/Salad Broccoli Corn	24 *Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables Peas & Carrots	25 Hickory Honey Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Veggies Green Peas	26 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus	27
28	29 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	30 *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Pea & Carrot Blend	Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar	Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes	<p>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice</p> <p>See back for more info. </p>	



HEALTHY MEAL CHOICES

Great tasting and good for you, too.

We offer a healthier meal which includes an entrée, vegetable, fresh fruit and a milk. \$5.50 per meal (ten punches = free meal).

These healthier choice meals:

- Utilize the “Plate” method - 50% of plate is vegetables/fruits
- Have new flavors from culinary herbs, spices and light sauces
- Have locally-sourced seasonal choices as available
- Include Mediterranean-style items with beans/legumes and whole grains
- Offer individual (a la carte) choices.
- Are developed and approved by BRH Registered Dietitian Nutritionist

Nutrition Information:

These meals provide about 1/3 of the average adult daily calorie goal of 1800. Most meals range from 400-594 Calories with 50-65g Carbs.



June Harvest of the Month



Strawberry

Bone to be wild!

Strawberries are a great source of folate, vitamin C, and manganese. Manganese is great for healthy bones.

Berry Sweet

In medieval times, strawberries were served at important functions to bring peace and prosperity.

Did you Know?

It takes 30 days for each strawberry to grow from flower to fruit.

When Shopping...

Look for plump berries with a rich color, bright green caps, and a sweet smell.

Strawberry Yogurt Cones

Ingredients:

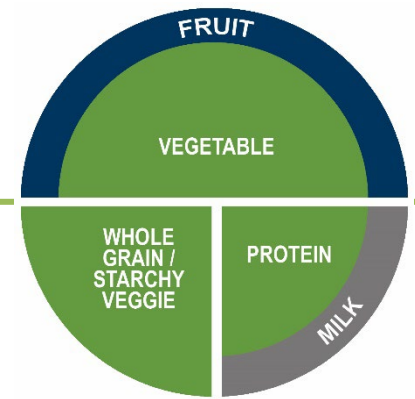
- Mini ice cream cones
- Sliced strawberries
- Strawberry yogurt

Directions:

1. Fill the cones with strawberry yogurt.
2. Add a slice of strawberry on top.
3. Enjoy!



www.jacksoninaction.org/harvestofthemoth



Menu Example:

Chicken Cordon Bleu,
Mashed Potatoes, Broccoli,
Orange & Milk.