

Monday, June 1

- Fish w/ Garlic Sauce
- Spinach
- Orange
- Quinoa

Tuesday, June 2

- Carne Asada
- Refried beans
- Chayote w/ Onions
- Kiwi

Wednesday, June 3

- Sesame Chicken
- Parsnips
- Cantaloupe
- Whole Grain Noodles

Thursday, June 4

- Beef Meatloaf
- Veggie Medley
- Mashed Potatoes
- Pineapple & Papaya

Friday, June 5

- Chicken Pesto
- Carrots
- Honeydew Melon
- Whole Grain Pasta

Monday, June 8

- Pepper Steak
- Green Beans & Mushrooms
- Bok Choy
- Pineapple & Papaya

Tuesday, June 9

- Chicken Tinga
- Roasted Corn
- Brown Rice
- Cantaloupe

Wednesday, June 10

- White Fish
- Carrots
- Orange
- Quinoa

Thursday, June 11

- Chicken Enchilada
- Black Beans
- Yellow Summer Squash
- Kiwi

Friday, June 12

- Beef w/ Onions & Tomatoes
- Steamed Greens
- Brown Rice
- Fruit

Monday, June 15

- Orange Chicken
- Garlic Zucchini
- Cantaloupe
- Brown Rice

Tuesday, June 16

- Beef Stir Fry
- Broccoli
- Orange
- Whole Grain Noodles

Wednesday, June 17

- Baked Chicken
- White Beans
- Baked Yams
- Whole Grain Roll

Thursday, June 18

- Fish Almandine
- Garlic Spinach
- Pineapple & Papaya
- Quinoa

Friday, June 19

**CLOSED FOR
JUNTEENTH HOLIDAY**

Monday, June 22

FATHER'S DAY MENU

- Tri-Tip w/ Red Wine Sauce
- Herbed Mashed Potatoes
- Green Beans
- Whole Grain Roll

Tuesday, June 23

- Chicken Chile Verde
- Pinto Beans
- Cantaloupe
- Spanish Brown Rice

Wednesday, June 24

- Fish Piccata
- Sauteed Bell Peppers
- Pineapple & Papaya
- Whole Grain Pasta

Thursday, June 25

- Beef Stew
- Garlic Kale
- Honeydew Melon
- Brown Rice

Friday, June 26

- Poblano Creamy Chicken
- Green Beans
- Orange
- Whole Grain Pasta

Monday, June 29

- Chicken Tikka Masala
- Roasted Eggplant
- Cantaloupe
- Brown Rice

Tuesday, June 30

- Lemon Glazed Fish
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

- Menu subject to change
- \$3 suggested donation

