

JUNE 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Jill Riffle MS, RDN, LD</i>	Menu Written By: Carolynn Scott	* = Take Temperature of Milk and all food proceeded by an asterisk.	Choice of 1% Milk or Buttermilk	1 *Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c Green Beans ½ c Cauliflower ½ c 1 Whole Grain Wheat Sliced Pears ½ c ALT = CBG TR
4 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Lima Beans ½ c 2 Whole Grain White Tropical Fruit ½ c ATL = CS T	5 2-2 oz. *Stuffed Shells *w/Sauce 2 oz Broccoli ½ c Glazed Baby Carrots ½ c 1 Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Applesauce ½ c ATL = CBG TR	6 *Roasted Turkey Breast 3 oz *Brown Rice ½ c *Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Orange ATL = CBG RB	7 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ATL = CBG T	8 Br'd Chicken Breast Patty 3 oz Basil Tomato Sauce 1 oz Spinach ½ c Corn w/Red Pepper ½ c Whole Grain Bun Banana ATL = CBG RB
11 *Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1 PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT = CS RB	12 *Br'd Fish 4 oz/Tartar Sauce 1 PC Cheese Potatoes ½ c Capri Blend ½ c 1 Whole Grain Wheat Oatmeal Bar 1 oz Orange Juice ½ c ATL = CBG TR	13 *Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c Green Peas ½ c Sliced Peaches & Pears ½ c ATL = CBG RB	14 *BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Tropical Fruit ½ c ATL = CBG TR	15 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c Whole Grain Dinner Roll 2 oz Mandarin Oranges ½ c ATL = CBG T
18 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Spinach ½ c 1 Whole Grain Rye Scalloped Apples ½ c. W. G. Vanilla Wafers 1 oz ALT = CS RB	19 *Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Banana ALT = CBG TR	20 *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Mixed Vegetables ½ c Whole Grain Bun Sliced Peaches ½ c ATL = CBG T	21 *Chicken Breast Stuffed w/ Broccoli 6 oz *O'Brien Potatoes ½ c Red Cabbage ½ c 1 Whole Grain White Apricots ½ c ATL = CBG T	22 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c ALT = CBG RB
25 *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC *Baked Beans ½ c *Seasoned Potato Wedges ½ Whole Grain Bun Pineapple Chunks ½ c ATL = CS TR	26 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Apricots ½ c ATL = CBG TR	27 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Beans ½ c Baby Carrots ½ c 1 Whole Grain Wheat Banana ATL = CBG RB	28 *Beef Lasagna 6 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Mandarin Oranges ½ c ALT = CBG TR	29 *Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c Whole Grain Buttermilk Biscuits 2 oz Sliced Peaches ½ c ALT = CBG T

Western Reserve Area Agency on Aging - 2018

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

