



# JUNE 2010 MEALS MENU

SITE: RAPID CITY



	1 Pork Chop w/ Celery Sauce Mashed Potatoes 1CS Green Bean Casserole Tropical Fruit	2 BBQ Beef on Bun 2CS Parslied Carrots Potato Salad 1CS Lime Sunshine Salad	3 Roast Turkey Mashed Potatoes w/ Gravy 1CS Broccoli Pears 1CS Cranberry Sauce 1CS	4 Taco Salad w/ Meat & Bean Mix 2CS Veggies Fruit in Pudding 1CS 1CS
7 Creamed Turkey w/ Biscuit 3CS Oriental Blend Vegetables Coleslaw Fruit Cocktail 1CS	8 <u>HAPPY BIRTHDAY</u> Ginger Pork Chop Baked Potato 1CS Seasoned Spinach Seasonal Fruit 1-2CS Cake 2CS & Ice Cream 1CS	9 Hot Beef on Bread 1CS Mashed Potatoes w/ Gravy 1CS Green Beans Peaches 1CS Ice Cream 1CS	10 Hawaiian Chicken Salad 1CS Dinner Roll 2CS Orange Slices Apple Crisp 1 ½ CS	11 Lasagna Rotini Casserole 3CS Peas 1CS Lemon Perfection Salad ½ CS Pears 1CS
14 Chicken & Dressing 2CS Baked Squash 1CS Harvard Beets 1CS Jello w/ Fruit Cocktail 1CS	15 Meatloaf 1/2CS Boiled Potatoes 1CS Broccoli Apricots in Pudding 1CS	16 Roast Pork Company Potatoes 1 ½CS Cooked Cabbage Plums 1CS	17 Tator Tot Casserole 2CS Seasonal Fruit Dinner Roll 2CS	18 Apple Sauce Ribs Baked Potato 1CS Peas Strawberries 2CS
21 Ham Baked Sweet Potato 2CS Green Beans w/ Onions Apricots 1CS Sherbet 2CS	22 Hamburger w/ Bun 2CS Potato Salad 1 ½ CS Tomato Slices, Lettuce Cooked Apples 1 ½ CS	23 Beef & Noodles 1 ½ CS Seasoned Spinach Crunchy Cranberry Salad 1 ½ CS Seasonal Fruit 1-2CS	24 Citrus Chicken Baked Potato 1CS Peas 1CS Acini Di Pepe over Pineapple 1CS	25 Roast Beef Mashed Potatoes w/ Gravy 1CS Lima Beans 1CS Seasonal Fruit 1-2CS
28 Swiss Steak w Tomatoes & Onion Baked Potato 1CS Oriental Vegetables Seasonal Fruit 1-2CS	29 Chicken Alfredo 2CS Harvard Beets 1CS Cranberry Sauce 1CS Apple Juice 1CS Fruit Cocktail 1CS	30 Club Sandwich 2CS Pea Salad 1CS V-8 juice Fruit 1CS		

\*All meals include 8 oz 1% milk (1 CS)  
Choice of 1-2 bread/grain serving (1-2 CS)  
Carb Servings = (CS) (1= 15 grams Carbohydrate)  
marked for diabetic diets

\*\*All canned fruit is in light syrup

\*\*\*Fat free dressing is served with salad

\*\*\*\***MENU SUBJECT TO CHANGE WITHOUT NOTICE**\*\*\*\*

**FOR RESERVATIONS OR CANCELLATIONS**

PLEASE CALL  
THE MEALS PROGRAM OFFICE AT 394-6002  
OR THE MAIN KITCHEN AT 343-8214

**24 HRS IN ADVANCE**

Please leave your name , where you eat , and what day