

Summer



Erie County Stay Fit Dining Program

Standard Menu

June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
30 No Meals Served REMEMBER THOSE WHO SERVED <small>ALL GAVE SOME SOME GAVE ALL</small>	31 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Fresh Apple Chocolate Milk (781)	1 Whole Grain Pasta with Meat sauce <i>Chef Salad with Dressing</i> Dinner Roll Carrots Tapioca Pudding (878)	2 Soup & Salad Beef Barley Soup Rye Bread <i>Chef Salad with Dressing</i> Cauliflower Grape Juice Chocolate Mousse (740)	3 Roast Pork with Warm Cinnamon Apples Mashed Butternut Squash Sautéed Cabbage with Dill Wheat Bread Frosted Spice Cake (697)
6 Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	7 Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Frosted Lemon Cake (781)	8 Entree Salad Tuna Salad on a Bed of Salad Greens with Dressing Whole Wheat Dinner Roll Baked Pear Crisp (670)	9 Breaded Chicken Breast with Tomato Sauce & Shredded Mozzarella over Pasta Wax Beans <i>Chef Salad with Dressing</i> Tropical Fruit Chocolate Milk (709)	10 Roast Beef with Horseradish & Gravy Sweet Potatoes Brussel Sprouts Whole Wheat Dinner Roll Fruited Gelatin (692)
13 Italian Sausage with Peppers, Onions, and Tomato Sauce on Hot Dog Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	14 Flag Day Meal Breaded Chicken Drumsticks Au Gratin Potatoes Green Beans Dinner Roll Fresh Melon Salad Ice Cream Sandwich (836)	15 Baked Chicken with Lemon Herb Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (639)	16 Father's Day Lunch Breaded Pork Chop with Gravy Ranch Mashed Potatoes <i>Chef Salad with Dressing</i> HAPPY FATHER'S DAY Broccoli Florets Dinner Roll Boston Cream Pie (918)	17 Chili con Carne Carrots Fruit Punch Cornbread Fresh Grapes Chocolate Milk (875)
20 Pork Ribette with BBQ Sauce Cheesy Mashed Potatoes Seasoned Mixed Greens Hot Dog Bun Frosted Lemon Cake (950)	21 Welcome Summer! Low-fat Cottage Cheese with Mandarin Oranges & Pineapple on a Bed of Fresh Salad Greens with Dressing Club Crackers Marinated Tomatoes & Cucumber Salad Strawberry Shortcake (745)	22 Beef Macaroni Casserole California Mixed Vegetables <i>Chef Salad with Dressing</i> Rye Bread Fruit Compote Chocolate Milk (860)	23 Roasted Turkey with Cranberry Sauce Mashed Potatoes Peas & Carrots Breakaway Roll S'mores Scramble (645)	24 Beer-Battered Fish with Tartar Sauce Macaroni and Cheese Green Beans Whole Wheat Dinner Roll Colelaw Fresh Watermelon (931)
27 Cheese Ravioli with Meatsauce Peas Seasoned Squash with Peppers Italian Bread Peaches (738)	28 Chicken Shawarma Seasoned Green Beans Cauliflower Quinoa Tabouleh Salad Sugar Cookies (637)	29 Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (811)	30 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Raisin Bread Mandarin Oranges Chocolate Milk (692)	1 Independence Day Lunch Hot Dog with Baked Beans & Ketchup on a Bun Potato Salad Corn-on-the-Cob Apple Juice Orange Creamsicle Bar (1067)