

SENIOR IN-CENTER JUNE LUNCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Meatballs 3ea. (3oz. @14g Pro) w/ gravy 1oz. WG Egg Noodle 1/2c. **Peas & Carrots 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	<p>2</p> <p>WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Quinoa 1/2 c. *Brussel Sprouts 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.</p>	<p>3</p> <p>Beef Meatloaf 1ea. (3.15 oz@2.25oz Meat Eq.) w/gravy 1oz. WWDinner Roll 1 ea. +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>4</p> <p>Ranch Beans 1/2c. (Pinto 6g Pro) Shred. Cheese 1/2 oz. WG Wild Rice 1/2 c. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.</p>	<p>5</p> <p>*Stuffed Bell Pepper1ea. (Beef 50% & Pork 50 % 2.5 oz. Meat @9g Pro) Rice, Black 1/2 c. **Zucchini, Sliced 1/2c. Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.</p>
<p>8</p> <p>Beef Patty (2.25oz @13g Pro) 1ea w/grv 1oz. WG Egg Noodle 1/2c. *Brussel Sprouts 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>9</p> <p>WG 6" Flour Tortilla 1ea Chick. Fajita Strips (3oz.@16g Pro) Corn saute w/ pepper & onions 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	<p> 10</p> <p>BBQ Pork Rib-B-Q (2.5oz@2oz Meat Eq.) Sand. On Whole Wheat Bun 1 ea. +Coleslaw 3/4 c. Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>11</p> <p>Beef SalisburySteak1ea (3 oz.@12g Pro) with gravy 1 oz WWDinner Roll 1 ea. *Mashed Potato 1/2c. +Hi C Salad 1 Cup Diced Pears 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>12</p> <p>Orange Chicken (3.6 oz.@2 oz. Meat Eq.) #10 scoop WG Wild Rice 1/2 c. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>
<p>15</p> <p>Swiss Bf.Patty1 ea. (2.25oz. @2oz Meat Eq.) WWDinner Roll 1 ea. Italian Veg.1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	<p>16</p> <p>Tandoori Chicken Thigh 1 ea. (4oz.@19g Pro.) Rice, Black 1/2 c. **Calif. Mix Veg. 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.</p>	<p> 17</p> <p>Frankfurter 1ea. (Beef 2 oz. Meat Eq) on WG Hot Dog Bun 1 ea. Mustard 1 ea. Ketchup 1 ea. *Broccoli Salad 1/2c. Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>18</p> <p>**Hearty Braised (2.5oz Beef @ 14g Pro) Beef & Veg. 1 cup WWDinner Roll 1 ea. +Hi C Salad 1 Cup *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.</p>	<p>19</p> <p>WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Quinoa 1/2 c. *Brussel Sprouts 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>
<p>22</p> <p>Pork Rib-B-Q 1ea (2.5oz@2oz Meat Eq.) w/ gravy 1 oz. WG Egg Noodle 1/2c. Corn saute w/ pepper & onions 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	<p>23</p> <p>*Beef Broccoli 6oz (Beef 2.5oz@15g Pro) Rice, Black 1/2 c. **Sweet Potato Cut 1/2c. Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>24</p> <p>Build Your Own Burrito WG 6" Flour Tortilla 1ea Beef Barbacoa shred 3oz. (14g Pro) w/ Pepp. & onion@ 4 oz. ea. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Tropical Fruit 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p> 25</p> <p>Sandwich, Tuna Sld. (2oz @13g Pro. & .5 oz egg & 2oz veg.)@1/2 c. ea. on WW Bread 2 sl. **Minestrone Soup 6oz. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.</p>	<p>26</p> <p>Chicken Breast 1ea (3oz.@13g Pro) w/ w/roasted mushroom sauce 2 oz. WG Barley 1/2 c. *Brussel Sprouts 1/2c. Diced Pears 1/2c. 1/2pt 1% White Milk 1ea.</p>
<p>29</p> <p>Vegetable Chili 1/2c. (Pinto 8g Pro) WWDinner Roll 1 ea. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>30</p> <p>Pork Chili Verde 1/2 c. (2.4oz@13.36gm Pro) WG 6" Flour Tortilla 1ea Greenbeans w/red peppers 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>			

*Vitamin C everyday
**Vitamin A 2-3x/week
+ Vitamin C & A