

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
NORTH SIOUX CITY ROCS DINING SERVICES PROGRAM CALL 605-232-0808 BY 9AM TO RESERVE A MEAL		3oz Baked Steak w/Mushrooms & Gravy, 1/2c Mashed Potatoes, 1/2c Glazed Carrots, 3/4c Jello w/Fruit CM61	3/4c Sausage Gravy over Biscuit, Hash Brown Wedge, 1/2c Stewed Tomatoes, Fresh Fruit, B5	1c Navy Bean Soup w/shredded Cheese, 1/2c Carrots, 1/2c Mandarin Oranges, Cornbread Muffin CM59H - S47
6	7	8	9	10
1 1/4c Spaghetti w/Meat Sauce, 1/2c Peas, 1/2c Peaches, French Bread C23	1/2c Beef Tips & Gravy, 1/2c Mashed Potatoes, 1/2 Broccoli, 1/2c Peaches CM49	3oz BBQ Chicken Breast, Baked Potato, 1/2c Glazed Carrots, Orange CM72E - CH14	Liver & Onions Mashed Potatoes & Gravy Corn Berry Fruit Salad Butterscotch Pudding W/ Topping	Taco Casserole, 1/2c Green Beans, 1c Tossed Salad, 1/2c Applesauce CC11
13	14	15	16	17
Fish Sandwich Potato Wedges Coleslaw Melon	3oz Pork Loin w/Apple Cranberry Chutney, 1/2c Sweet Potato, 1/2c Green Beans, 3/4c Jello w/Mandarin Oranges CM48	3oz Salisbury Steak w/gravy, Baked Potato, 1/2c California Veggies, 1/2c Plums 20-1A, 18-2 - S1	1 1/4c Homemade Tomato Soup, Beef Sandwich, 3/4c Jello w/Strawberries, Orange CM12	1c Chili, Cinnamon Roll, 1/2c Baby Carrots, 1/2c Blueberry Yogurt, Seasonal Fresh Fruit CM16
20	21	22	23	24
1c Chicken Alfredo, 1/2c Harvard Beets, 1/2c Fruit Cocktail, Breadstick BB18	1c Tuna & Noodles, 1/2c Parslied Carrots, 3/4c Fruity Slaw, 3/4c Jello w/Mandarin Oranges & Whipped Topping CM82B - T5	French Dip Sandwich, 1/2c Potato Salad, Seasonal Fruit, 1/2c Vanilla Ice Cream CC24	3oz Pork Loin Roast, 1/2c Parslied Potatoes, 1/2c Patio Salad, 3/4c Crunchy Cranberry Salad CM47	Brats Oven Browned Potatoes Coleslaw Strawberry Shortcake
27	28	29	30	31
NO MEALS MEMORIAL DAY HOLIDAY	3oz Meatloaf, 1/2c Parslied Potato, 1/2c Waldorf Salad, 1/2c Chocolate Pudding w/topping CC19	3oz Pork Cutlet, 1/2c Mashed Potatoes & Gravy, 1/2c Peas, Fruit Cocktail, 4-1A - P30	Cabbage Beef Soup Egg Salad Sandwich Bread Pudding W/ Topping	3oz Roast Turkey, 1/2c Baked Sweet Potato, 1/2c Creamed Peas, Orange, Cookie CM77D - CH46

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.