

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Goulash, 1 1/4 c Creamed Corn, 1/2 c Mandarin Oranges, 1/2 c Cookie	Egg Salad Sandwich, Glazed Carrots, 1/2 c Coleslaw, 1/2 c Berry Fruit Salad, 1/2 c	Swiss Steak w/onion & tomatoes, Baked Potato, 1/2 c Oriental Blend Veggies, Fresh Fruit BB16	Pork Chop w/celery sauce, 1/2 c Mashed Potatoes, 1/2 c Carolina Beans, Banana 7-3 - P24	1 1/8 c Chicken & Noodles, 1/2 c Peas, 1/2 c Pears B21
10 Chicken Strips, 3oz. Mashed Potatoes & Gravy, 1/2 c Coleslaw, 1/2 c Fruit, 1/2 c	11 Hot Beef Sandwich, 1/2 c Mashed Potatoes & Gravy, 1/2 c Green Beans, 1/2 c Peaches, 1/2 c Vanilla Ice Cream BB3	12 1 c Mexican Chicken Soup, 1/2 c Fruity Slaw, Crackers, 1/2 c Fruit Crisp CM31	13 Liver & Onions, 3 oz. Mashed Potatoes & Gravy, 1/2 c Parslief Carrots, 1/2 c Fruit Cocktail, 1/2 c	14 1 1/4 c Cr Potato Soup, Meat Salad Sandwich, 1/2 c Jell-O w/topping, 1/2 c Peaches CM6
17 1 1/8 c Beef Stew, WW Dinner Roll, 1/2 c Pineapple Tidbits, 1/2 c Cranberry Juice Cocktail B1	18 Cheeseburger Pie, 1/2 c Baked Sweet Potato, 1/2 c Green Beans, 1 c Tossed Salad 34B - CP2	19 Lemon Pepper Pollock, 3 oz. Company Potatoes, 1/2 c Peas, 1/2 c Pears, 1/2 c	20 Chicken Enchiladas, 1/2 c Brussel Sprouts, 1/2 c Apricots, 1/2 c 17-1A - CH26	21 2 Swedish Meatballs, 1/2 c Parslief Potatoes, 1/2 c Berry Fruit Salad 3-1A - S8
24 1 c Chicken & Dressing, 1/2 c Parslief Carrots, 2T Cranberry Sauce, 1/2 c Fruit Crisp w/topping 21-3 - CH25	25 Tater Tot Casserole Tossed Salad, 1/2 c Baked Squash, 1/2 c Banana	26 3 oz. Pork Cutlet, 1/2 c Mashed Potatoes & Gravy, 1/2 c Peas, Fruit Cocktail, 4-1A - P30	27 3 oz. Roast Beef, 1/2 c Mashed Potatoes w/Gravy, 1/2 c Tomato Spoon Salad, 1/2 c Fruit Cocktail A18	28 Hamburger on a Bun Potato Salad, 1/2 c Watermelon, 1/2 c
		NORTH SIOUX CITY ROCS DINING SERVICES PROGRAM CALL 605-232-0808 BY 9AM TO RESERVE A MEAL		