

June 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | | | 1 | 2 |
| North Sioux City ROCS Dining Services Call 605-232-0808 THE DAY BEFORE TO RESERVE A MEAL | | | Beef Tips & Gravy Mashed Potatoes Broccoli Mandarin Oranges | Meat Salad Sandwich Cream of Potato Soup V-8 Juice Banana |
| 5 | 6 | 7 | 8 | 9 |
| Goulash Creamed Peas Applesauce | Salisbury Steak w/Gravy Baked Potato California Vegetables Plums | Chicken & Dressing Parslied Potatoes Mixed Vegetable Cranberry Sauce Fruit Crisp w/Topping | Liver & Onions or Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Pears | Hamburger on Bun w/Lettuce & Tomatoes Potato Wedges Corn Peaches |
| 12 | 13 | 14 | 15 | 16 |
| Beef & Noodles Baked Squash Mixed Vegetable Strawberries Ice Cream | Sweet & Sour Chicken Rice Broccoli Apricots | Polish Sausage Sauerkraut Peas Fruit Cocktail | Lemon Pepper Cod Oven Brownd Potatoes Glazed Carrots Pears | Chili Cinnamon Rolls Baby Carrots Fresh Fruit |
| 19 | 20 | 21 | 22 | 23 |
| Swedish Meatballs Parslied Potatoes Mixed Vegetables Berry Fruit Salad | Hamburger & Potato Casserole California Vegetables Peaches | Roast Beef Mashed Potatoes & Gravy Broccoli Apricots | Chunky Chicken Vegetable Soup V-8 Juice Mandarin Oranges | BBQ Pork Ribs Baked Beans Corn Fruit |
| 26 | 27 | 28 | 29 | 30 |
| Sausage Gravy w/Biscuit Green Beans Banana Chocolate Pudding | BBQ Chicken Potato Salad Broccoli Jell-O w/Fruit | Pork Cutlets Mashed Potatoes & Gravy Peas & Carrots Pears | John Wayne Casserole California Vegetables Grapes Cookie | Chicken Fried Chicken Company Potatoes 5 Way Vegetables Tropical Fruit |

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.