











(530) 926-4611

NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>				<p>Veggie fritatta Oven potatoes Bran muffin Plum</p> 
<p>SENIOR NUTRITION CLOSED ON FRIDAYS</p> 	<p>5 Broccoli Beef Parsley Carrots Brown Rice Strawberry applesauce</p>	<p>6 Fish n' chips (Potato wedges) Whole wheat roll Coleslaw Tangerine Tartar Sauce</p>	<p>7 Meatloaf w/ gravy Mashed red potatoes Butternut squash Whole wheat roll Pear</p>	<p>8 Chef salad w/ veggies ham and turkey Whole wheat roll Fresh peach</p>
<p>ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS</p>  <p>GREAT NORTHERN -services-</p>	<p>12 Roasted Chicken Broccoli and Cauliflower Whole wheat roll Mandarins and Tropical fru</p>	<p>13 Cheeseburger on whole grain bun Lettuce and tomato Macaroni Salad w. peppers Red grapes</p>	<p>14 Ground beef stroganoff w/ egg noodles Green beans Whole wheat roll Applesauce</p>	<p>15 Pulled pork sandwich on a whole wheat bun Garlic potato wedges Coleslaw Strawberries & bananas Brownie</p>
<p>HAPPY Father's DAY</p> 	<p>19 Ground Beef taco Lettuce, tomato, salsa Spanish brown rice Refried beans Orange</p>	<p>20 Macaroni and Cheese Broccoli Wole wheat roll Apricots</p>	<p>21 Pork roast w/ Gravy Sauteed Kale Whole wheat roll Brown rice Banana</p> 	<p>22 Chicken salad stuffed tomatoes Tortellini salad w/ red peppers Cantaloupe & blueberries Whole wheat roll</p>
<p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p> 	<p>26 Roast Beef French Dip Garlic Potato Wedges Garden Salad Tangerine</p> 	<p>27 Turkey Sandwich on whole grain bread Lettuce and tomato Broccoli Salad Bannanas & mixed berries</p>	<p>28 Veggie Lasagna Spinach salad w/ egg and mandarin whole wheat roll Red grapes</p>	<p>29 Teriyaki Chicken Sesame slaw Brown rice Honeydew melon Chocolate pudding</p> 