



JUNE 26



Monday	Tuesday	Wednesday	Thursday	Friday
1 1.5 oz Burrito Bowl with Brown rice	2 3 oz Sweet and Sassy Chicken 1/2 cup Rice	3 2.25 oz Oven Fried Chicken 1 oz Macaroni and Cheese	4 Spaghetti and meat Sauce 1 cup Side Salad	5 2 oz Pork tenderloin 2 oz Arroz Con Queso
1.5 oz Marinated Black bean salad	1/2 cup Cooked Carrots	1/2 cup Broccoli	Garlic bread	Roll ww
1/2 cup Pineapples	1/2 cup Cabbage	1/2 cup Corn	1/2 cup Apple Sauce	1/2 cup Mixed Vegetables orange
1/4 cup sour cream	1/2 cup Honeydew	1/2 cup peaches		
8 3oz Beef - Shepard's Pie WW Roll/Bread	9 1 cup Chicken tetrazzini 1 cup Side Salad	10 2 Cups Chef Salad WW Roll/Bread	11 Pizza Cup w/ Marinara Sauce 1/2 Cup Cottage Cheese	12 3oz Chicken - Burrito 1/4 cup Refried Beans
1/2 Cup Greens	1/2 cup Fruit Cocktail	1/2 Cup beets	1/2 Cup Green Beans	1/2 cup Stewed Tomatoes
1 Apple		1/2 cup pears	1 banana	1/2 cup pineapples
1/2 cup pears		yogurt	1/2 cup pineapples	
15 Tucson Grilled Cheese -WW	16 3 oz Beef - Tamale Pie	17 Cold Platter 4 oz Tuna Salad on Lettuce	18 3 oz BBQ chicken WW Roll/Bread	19 Holiday
1/2 cup Bean Soup	1 cup Side Salad	WW crackers	1/2 cup Baked beans	
1/2 Cup Cottage Cheese	1/2 cup pineapples	1/2 Pasta Salad	1/2 cup Cooked Carrots	
1/2 cup Cucumbers	chef's choice of desert.	1/2 Cup beets	1/2 cup Cooked Carrots	
1/2 cup pears		yogurt	1/2 cup pineapples	
22 3 oz -Chicken Sandwich WW	23 3oz Chicken - Ala King	24 1 cup Taco Salad w/ Salsa	25 Chef's Choice	26 6- 0.5 oz Swedish Meatballs
Lettuce and Tomato	1/2 cup brown rice	1/4 cup Refried Beans		1 cup Egg Noodles
1/2 cup Cauliflower	1/2 cup Peas	1/2 cup corn		1/2 cup Green Beans
1/2 cup greens	1/2 cup grapes	1/2 cup Fruit Cocktail		1/2 cup Squash
1/2 cup peaches				Apple
29 3 oz Tuna Salad Sandwich WW	30 3oz Beef Stroanoff			
1 Deviled Eggs	1/2 c greens			
1/2 cup Beets	1/2 cup peaches			
melon	1/2 cup jello			

Menus are subject to change based on availability of products. Meals are provided on a donation basis. Our suggested donation per meal is \$3.00.