

Elderhaus and Mindset June 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Color Key: Purple: Breakfast 8:30am-9:15am Green: Lunch 12:00pm Red: Snack 2:45pm Picnic Lunch: Mindset</p>	<p>Rolls or bread are served with lunch daily. Whole Grain (WGR) Requirement is served at Breakfast Daily. 1% unflavored Milk served daily at breakfast and lunch</p>	<p>Breakfast: Oatmeal WW Toast (WGR) Mandarin Oranges Milk Lunch: Chicken Fajita with Peppers; onions mushrooms Mandarin Oranges Milk Snack: Yogurt & Fruit</p>	<p>Breakfast: Cold Cereal WW Toast (WGR) Pineapple; Milk Lunch: Chef Salad with Ham & Turkey Pineapple Roll; Milk Snack: Fresh Vegetables with Dip</p>	<p>Breakfast: WW Pancakes (WGR) Apricots; Milk Lunch: Beef Pot Roast Potatoes & Carrots Pears; Roll; Milk Snack: Juice and Crackers</p>
6	7	8	9	10
<p>Breakfast: WW French Toast (WGR) Fruit Cocktail; Milk Lunch: Cold Cut Sandwich Side Salad Peaches; Milk Snack: Peanut Butter Crackers</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Pears; Milk Lunch: Philly Beef Wrap Spinach Salad Apricots; Milk Snack: Yogurt and Fruit</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Peaches; Milk Lunch: Fish Fillet Sandwich Coleslaw Tropical Fruit; Milk Snack: Spinach Salad Toast Tips</p>	<p>Breakfast: WW Pancakes (WGR) Baked Apple Slices Milk Lunch: Chicken Stir Fry over Rice Pineapple; Milk Snack: Caribbean Slaw Mandarin Oranges</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) Applesauce; Milk Lunch: Roast Pork Mashed Potatoes Fruit Cocktail Roll; Milk Snack: Juice and Crackers</p>
13	14	15	16	17
<p>Breakfast: WW Pancakes (WGR) Tropical Fruit; Milk Lunch: Shephard's Pie Broccoli Normandy Grapes; Milk Snack: Yogurt and Fruit</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Banana; Milk Lunch: BBQ Pork Sandwich Baked Beans Pears; Milk Snack: Carrot Salad Pineapple</p>	<p>Breakfast: Oatmeal WW Toast (WGR) Apricots; Milk Lunch: Chef Salad w/steak Apple Slices; Roll Milk Snack: Ants on a log (Celery & Peanut Butter)</p>	<p>Breakfast: WW French Toast (WGR) Mandarin Oranges Milk Lunch: Chicken Burritos (smothered) Lettuce and Tomato Refried Beans Applesauce; Milk Snack: Juice and Crackers</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Grapes; Milk Lunch: Spaghetti w/meat Side Salad; Roll Peaches; Milk Snack: Cucumber & Tomato Salad</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
<p>Breakfast: WW Pancakes (WGR) Peaches; Milk</p> <p>Lunch: Chef Salad with Ham & Turkey Oranges; Roll; Milk</p> <p>Snack: Yogurt & Fruit</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) Applesauce; Milk</p> <p>1st Day of Summer BBQ</p> <p>Lunch: Brats w/bun Mac-n-cheese Baked Beans Watermelon; Milk</p> <p>Snack: Peanut Butter Crackers</p>	<p>Breakfast: WW French Toast (WGR) Fruit Cocktail; Milk</p> <p>Lunch: Meatloaf Mash Potato/gravy Apricots; Roll; Milk</p> <p>Snack: Spinach Salad with toast</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Pineapple; Milk</p> <p>Lunch: Lemon Pepper Chicken Seasoned Rice Broccoli Normandy Mandarin Oranges Milk</p> <p>Snack: Cottage Cheese & Tomatoes</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Pears; Milk</p> <p>Lunch: Toasted Ham/Cheese Sandwich Tomato Soup Baked Apple Slices Milk</p> <p>Snack: Juice and Crackers</p>
27	28	29	30	
<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Banana; Milk</p> <p>Lunch: Spaghetti w/meat Side Salad Grapes; Roll; Milk</p> <p>Snack: Yogurt and Crackers</p>	<p>Paul Bunyan Day</p> <p>Breakfast: WW Pancakes (WGR) Scramble Eggs; Bacon Sausage; Peaches Milk</p> <p>Lunch: Stuffed Peppers with Ground Beef & Rice Tropical Fruit; Milk</p> <p>Snack: ½ Peanut Butter/Jelly Sandwich & Milk</p>	<p>Breakfast: WW Toast (WGR) Fruit Cocktail; Milk</p> <p>Lunch: Roast Pork/gravy Roasted Vegetables Baked Apple Slices Roll; Milk</p> <p>Snack: Juice and Crackers</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Pears; Milk</p> <p>Lunch: Chicken Lo Mein Stir Fry Vegetables Mandarin Oranges Milk</p> <p>Snack: Applesauce & Toast</p>	