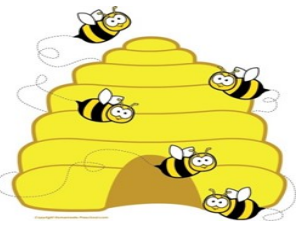


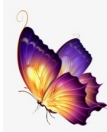







June 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p><i>USDA and this institution are equal Opportunity providers and employers</i></p> |  | <p>Milk Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p> |  | <p>Club Sub on WG Bun 1 Cream Broccoli Cheese Soup Fruit Milk</p> |
| <p>Chicken Enchiladas 4 WG Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk</p> | <p>Cheesy Egg Bake 5 w/Veggies Sausage Links WG French Toast w/Strawberries Milk</p> | <p>Tuna & Cheese Melt 6 On WG Bread Tomato Ravioli Soup WG Crackers Veggies Fruit, Milk</p>  | <p>Fish 7 WG Rice Medley Veggies WG Biscuit Fruit Milk</p> | <p>BBQ Chicken Thighs 8 Potato Salad Veggies WG Cornbread Fruit Milk</p> |
| <p>WG Spaghetti 11 with Meatballs WG Garlic French Bread Caesar Salad Fruit Milk</p> | <p>Chicken Teriyaki w/ 12 WG Rice Veggies WG Roll Fruit Milk</p> | <p>Ground Beef Meatloaf 13 Oven Roasted Red Potatoes Veggies WG Biscuit Cottage Cheese w/Fruit Milk</p> | <p>Herb Chicken Thighs 14 Baked Beans Veggies Fruit Salad WG Biscuit Milk</p> | <p>Chicken Salad 15 On WG Croissant Minestrone Soup Veggies Fruit Milk</p>  |
| <p>Sliced Turkey 18 with Cranberry Sauce Mashed Potatoes w/Gravy Veggies WG Roll Fruit Milk</p>  | <p>Baked Potato Bar *** 19 Veggies WG Muffin Fruit Milk</p>  | <p>Pizza on WG Crust 20 Caesar Salad Fruit Milk</p> | <p>Salisbury Steak w/ Gravy 21 Garlic Mashers Veggies WG Roll Fruit Milk</p> | <p>Ground Beef Lasagna (WG) 22 Veggies Fruit WG Garlic Bread Milk</p> |
| <p>Hot Dogs on WG Bun 25 WG Mac N Cheese Bake Veggies Fruit Jello Milk</p> | <p>CLOSED 26 For an Educational Class</p> | <p>Cheeseburger on 27 WG Bun Lettuce & Tomatoes Jo-jo's Fruit Milk</p> | <p>Chicken Fettuccini (WG) 28 Mixed Field Greens Salad WG Garlic French Bread Fruit Milk</p>  | <p>Tater Tot Casserole 29 With Ground Beef Cherry Tomato Salad WG Muffin Fruit Milk</p> |

***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA
Legend: WG = Whole Grain

June Outings

Our trips to the Albany Carousel are so popular that we are going one more time before summer starts. We will be going on Monday June 11th around 1:00.



Our second outing for the month is a trip to the Corvallis Farmer's Market on Wednesday June 27th at 10:30. We will tour the market, have a picnic lunch and drive around the downtown area to find the beautiful murals and artwork.



Summer is coming!!!

Remember to drink plenty of fluids, and use a sun hat and sunscreen.
Stay cool!!!

