




June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sliced Turkey with Cranberry Sauce 3 Mashed Potatoes w/Gravy Veggies WGR Roll Fruit Milk	Baked Potato Bar *** 4 Veggies WGR Muffin Fruit Milk	Pizza on WGR Crust 5 Caesar Salad Fruit Milk	Salisbury Steak with Gravy 6 Garlic Mashers Veggies WGR Roll Fruit Milk	Ground Beef Lasagna (WG) 7 Veggies Fruit WGR Garlic Bread Milk
Hot Dogs on WGR Bun 10 WGR Mac N Cheese Bake Veggies Fruit Jello Milk	Pulled Pork on WGR Hoagie Bag of Chips Veggies Fruit Milk	Cheeseburger n WG Bun 12 Lettuce & Tomatoes Jo-jo's Fruit Milk	Chicken Fettuccini (WGR) 13 Mixed Field Greens Salad WGR Garlic French Bread Fruit Milk	Orange Chicken w/WGR Pasta 14 Broccoli WGR Muffin Fruit Milk
Club Sub on WGR Bun 17 Clam Chowder Soup Fruit Milk 	Chicken Patty Burger on WGR Bun 18 Broccoli Salad Chips Fruit, Milk	Egg Salad on WGR Croissant 19 Homestyle Chicken Noodle Soup WGR Crackers Fruit Milk	Veggie Chili with (WGR) Cornbread Bowl 20 Sour Cream, Green Onions & Cheese Mixed Field Greens Salad Fruit Milk	Picnic Lunch 21 
BBQ Chicken Thighs 24 Potato Salad Veggies WGR Cornbread Fruit Milk	Chicken Enchiladas 25 WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	Cheesy Egg Bake w/Veggies 26 Sausage Links WGR French Toast w/Strawberries Milk	Tuna & Cheese Melt On WGR Bread 27 Tomato Ravioli Soup WGR Crackers Veggies Fruit, Milk	Fish (WGR Breeding) 28 WG Rice Medley Veggies WGR Biscuit Fruit Milk 
			<u>Milk</u> Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.	This institution is an equal opportunity provider.

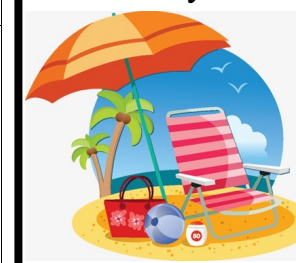
***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA
 Legend: WG = Whole Grain WGR = Whole Grain Rich

June OUTINGS

Our first outing is to the OSU Swine Center on Tuesday June 4th, (1:00-3:00). Since it is the Year of the Pig we thought we would visit the Chinese New Year animal. It is wonderful to see what students at OSU are up to!

Our second outing is on Friday June 21st: an all day visit the BEACH!! Our fantastic Participant Advisory Council is sponsoring this outing. We leave the center at 9:30, drive to Newport where we have a picnic lunch and time at the seashore!! We will be returning by 4:30. Be prepared for a long day of fun, sun, and ocean views! There will be limited seating available, so sign up early to guarantee your seat on the bus!

Priority will be given to participants who attend on Fridays on a set schedule, however RSVP is still required.



Summer is coming :

Remember to drink plenty of fluids, and protect your skin from the powerful rays of the sun!

