








May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p>	<p><i>This institution is an equal opportunity provider.</i></p> 	Salisbury Steak 1 with Gravy Garlic Mashers Veggies WGR Roll Fruit Milk	Ground Beef Lasagna (WG) Veggies 2 Fruit WGR Garlic Bread Milk	Sliced Turkey 3 w/ Cranberry Sauce Mashed Potatoes w/Gravy Veggies WGR Roll Fruit Milk
Pulled Pork on 6 WGR Hoagie Bag of Chips Veggies Fruit Milk	Cheeseburger on 7 WG Bun Lettuce & Tomatoes Jo-jo's Fruit Milk	Chicken Fettuccini (WGR) 8 Mixed Field Greens Salad WGR Garlic French Bread Fruit Milk	Orange Chicken 9 w/WGR Pasta Broccoli WGR Muffin Fruit Milk	Hot Dogs on 10 WGR Bun WGR Mac N Cheese Bake Veggies Fruit Jello Milk
Chicken Patty Burger on 13 WGR Bun Broccoli Salad Chips Fruit, Milk 	Egg Salad on 14 WGR Croissant Homestyle Chicken Noodle Soup WGR Crackers Fruit Milk	Veggie Chili with 15 (WGR) Cornbread Bowl Sour Cream, Green Onions & Cheese Mixed Field Greens Salad Fruit Milk	Chicken Pot Pie 16 Spinach Strawberry Salad WGR Biscuit Fruit Milk	Club Sub on WGR Bun 17 Clam Chowder Soup Fruit Milk 
Chicken Enchiladas 20 WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	Cheesy Egg Bake 21 w/Veggies Sausage Links WGR French Toast w/Strawberries Milk	Tuna & Cheese Melt 22 On WGR Bread Tomato Ravioli Soup WGR Crackers Veggies Fruit, Milk	Fish (WGR Breading) 23 WG Rice Medley Veggies WGR Biscuit Fruit Milk 	BBQ Chicken Thighs 24 Potato Salad Veggies WGR Cornbread Fruit Milk
Closed for the 27 Memorial Day Holiday	Chicken Teriyaki w/ 28 WG Rice Veggies WGR Roll Fruit Milk 	Ground Beef Meatloaf 29 Oven Roasted Red Potatoes Veggies WGR Biscuit Cottage Cheese w/Fruit Milk	Herb Chicken Thighs 30 Baked Beans Veggies Fruit Salad WGR Biscuit Milk	Chicken Salad 31 On WGR Croissant Minestrone Soup Veggies Fruit Milk


May OUTINGS:
We have two exciting outings this month!!! On Tuesday, May 7th we are going to the OSU Sheep Barns! We hope to see some baby lambs and goats!!! 

Our second outing on Friday, May 24th is to Two Towns Cider House! We will tour their facility and learn about the cider making process!



Save the date: Friday June 21st
Participant Advisory Council sponsored outing to the coast!!! 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 Fridays on a set schedule, however RSVP is still required.



Summer weather is coming!!! Make sure you have plenty of sunscreen and a good sun hat. Remember to drink more water as the weather warms up. 

***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