

Monthly Meal Guide

for June

<i>Day/Category</i>	<i>Main Dish</i>	<i>Bread or Starch</i>	<i>Vegetables</i>	<i>Fruits</i>
Monday				
Italian	Meatball subs	Baguette	Salad	Grapes
	Lasagna		Salad	
	Homemade pizza			
	Pepper Steak	Rice		
Tuesday				
Mexican	Quesadillas	Tortilla	Peppers, avocado, tomatoes, lettuce	Grapes
	Taco salad	Tortillas		
	Blackened tilapia with mango salsa	Rice	Peas	
	Southwest roll ups (MSM)		Spanish rice	
Wednesday				
Breakfast Dinners	Mixed berry pancakes			Strawberries, blueberries
	Eggs Benedict	Toast		
	Breakfast burritos	Tortillas		
	Ham, cheese, and spinach quiche	Toast	Spinach	
Thursday				
Other	Chicken salad sandwiches	Bread		Applesauce
	leftovers			
	Pesto pasta	Rolls	Asparagus, mushrooms	
	leftovers			
Friday				
Grill	Grilled BBQ/Ranch chicken		Corn/ salad	Oranges
	Chili/cheese dogs	Buns	Peppers, onions, mushrooms	
	Pork Burgers	Buns	Peas, sweet potato fries	
	Tuna	Rolls	Salad	
Saturday				
Crockpot/ Casserole OR Quick/Easy	Deer Roast	Buns	Peas	Applesauce
	Frozen Pizza			
	Goulash	Roll		
	BLTs			

Sunday				
American	Roasted whole chicken	Sweet potato fries	Salad	Apples
	Haystacks	Rice	Tomato, lettuce, onion	
	Pulled pork sandwiches	Rolls	Salad	
	Artichoke Chicken	Rice	Corn	