



Legacy Link Menu

June 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Homestyle Chicken and Rice Whole Kernel Corn Stewed Tomatoes Dinner Roll Oatmeal Raisin Cookie Milk Margarine Diet - Shortbread Cookies	4 <i>Picnic Lunch today!</i>	5 Smothered Meatballs Whipped Potatoes Summer Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Popcorn Chicken	6 Chicken Cacciatore Parslied Rice Brussels Sprouts Tossed Salad Dinner Roll Fresh Banana Milk Margarine Ranch Salad Dressing Diet - Same ALT: Refried Beans	7 Hamburger Patty Baked Beans Potato Wedges Lettuce Tomato Hamburger Bun Fresh Fruit Chocolate Milk Mustard Ketchup x 2 Mayo Diet - Same ALT: Baked Beans Dilled Carrots
10 Swiss Steak Garlic Whipped Potatoes Spring Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Breaded Chicken Patty	11 Sausage w/Onions & Peppers Baked Beans Cabbage Hot Dog Bun Applesauce Chocolate Milk Mustard Ketchup Diet - Same ALT: New! Tofu w/Onions & Peppers	12 Chicken Supreme Lima Beans Okra & Tomatoes Dinner Roll Strawberry Gelatin Milk Margarine Diet - Assorted Gelatin	13 Spaghetti Casserole Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Ranch Salad Dressing Diet - Hot Sliced Apples ALT: Falafel Balls <i>New! Tzatziki Sauce</i>	14 Father's Day Meal Sausage Patty (2) Cheese Grits Hot Spiced Fruit Biscuit Milk Margarine Assorted Jelly Diet - Same ALT: Chickpea Lettuce Wrap Grits
17 Chicken Cordon Bleu Parslied Rice Garden Vegetable Blend Dinner Roll Fresh Fruit Milk Margarine Diet - Same ALT: Beef Patty w/Gravy	18 Meatloaf w/Tomato Gravy Whipped Potatoes Peas & Carrots Dinner Roll Chocolate Chip Cookie Milk Margarine Diet - Shortbread Cookies ALT: Vegetarian Bean Chili Hashbrown Patty	19 BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Cobbler Chocolate Milk Diet - Same ALT: Breaded Chicken Patty	20 <i>Picnic Lunch today!</i>	21 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Carrot Raisin Salad Wheat Bread (2) Fruit Salad Milk Mustard Mayonnaise Diet - Same ALT: Hummus w/Pita
24 Mozzarella Chicken Elbow Pasta w/Tomatoes Green Beans Dinner Roll Applesauce Milk Margarine Diet - Same ALT: Meatballs w/Marinara	25 Salisbury Beef Brown Gravy Au Gratin Potatoes Carrots Wheat Bread Chocolate Graham Crackers Milk Margarine Diet - Same ALT: Lentil Stew Paprika Potatoes	26 Beef Chili Broccoli with Cheese Baked Potato Saltine Crackers Pineapple Tidbits Chocolate Milk Diet - Same Margarine Sour Cream	27 Herb Crusted Pork Parslied Rice Mixed Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same ALT: New! Curry Tofu	28 Yogurt Dill Chicken Salad Pasta Salad <i>New Recipe!</i> Green Pea Salad Saltine Crackers Sugar Cookie Milk Diet - Shortbread Cookies ALT: Hummus w/Pita

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<p>3</p> <p>Homestyle Chicken and Rice Whole Kernel Corn Stewed Tomatoes Dinner Roll Oatmeal Raisin Cookie Milk Margarine Diet - Shortbread Cookies</p>	<p>4</p> <p>Picnic Lunch today!</p>	<p>5</p> <p>Smothered Meatballs Whipped Potatoes Summer Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p> <p>ALT: Popcorn Chicken</p>	<p>6</p> <p>Chicken Cacciatore Parslied Rice Brussels Sprouts Tossed Salad Dinner Roll Fresh Banana Milk Margarine Ranch Salad Dressing Diet - Same</p> <p>ALT: Refried Beans</p>	<p>7</p> <p>Hamburger Patty Baked Beans Potato Wedges Lettuce Tomato Hamburger Bun Fresh Fruit Chocolate Milk Mustard Ketchup x 2 Mayo Diet - Same</p> <p>ALT: Baked Beans Dilled Carrots</p>
<p>10</p> <p>Swiss Steak Garlic Whipped Potatoes Spring Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p> <p>ALT: Breaded Chicken Patty</p>	<p>11</p> <p>Sausage w/Onions & Peppers Baked Beans Cabbage Hot Dog Bun Applesauce Chocolate Milk Mustard Ketchup Diet - Same</p> <p>ALT: <i>New!</i> Tofu w/Onions & Peppers</p>	<p>12</p> <p>Chicken Supreme Lima Beans Okra & Tomatoes Dinner Roll Strawberry Gelatin Milk Margarine Diet - Assorted Gelatin</p>	<p>13</p> <p>Spaghetti Casserole Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Ranch Salad Dressing Diet - Hot Sliced Apples</p> <p>ALT: Falafel Balls <i>New!</i> Tzatziki Sauce</p>	<p>14</p> <p><i>Father's Day Meal</i> Sausage Patty (2) Cheese Grits Hot Spiced Fruit Biscuit Milk Margarine Assorted Jelly Diet - Same</p> <p>ALT: Chickpea Lettuce Wrap Grits</p>
<p>17</p> <p>Chicken Cordon Bleu Parslied Rice Garden Vegetable Blend Dinner Roll Fresh Fruit Milk Margarine Diet - Same</p> <p>ALT: Beef Patty w/Gravy</p>	<p>18</p> <p>Meatloaf w/Tomato Gravy Whipped Potatoes Peas & Carrots Dinner Roll Chocolate Chip Cookie Milk Margarine Diet - Shortbread Cookies</p> <p>ALT: Vegetarian Bean Chili Hashbrown Patty</p>	<p>19</p> <p>BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Cobbler Chocolate Milk Diet - Same</p> <p>ALT: Breaded Chicken Patty</p>	<p>20</p> <p>Picnic Lunch today!</p>	<p>21</p> <p>Sliced Turkey Breast Swiss Cheese Lettuce Tomato Carrot Raisin Salad Wheat Bread (2) Fruit Salad Milk Mustard Mayonnaise Diet - Same</p> <p>ALT: Hummus w/Pita</p>
<p>24</p> <p>Mozzarella Chicken Elbow Pasta w/Tomatoes Green Beans Dinner Roll Applesauce Milk Margarine Diet - Same</p> <p>ALT: Meatballs w/Marinara</p>	<p>25</p> <p>Salisbury Beef Brown Gravy Au Gratin Potatoes Carrots Wheat Bread Chocolate Graham Crackers Milk Margarine Diet - Same</p> <p>ALT: Lentil Stew Paprika Potatoes</p>	<p>26</p> <p>Beef Chili Broccoli with Cheese Baked Potato Saltine Crackers Pineapple Tidbits Chocolate Milk Diet - Same Margarine Sour Cream</p>	<p>27</p> <p>Herb Crusted Pork Parslied Rice Mixed Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same</p> <p>ALT: <i>New!</i> Curry Tofu</p>	<p>28</p> <p>Yogurt Dill Chicken Salad Pasta Salad <i>New Recipe!</i> Green Pea Salad Saltine Crackers Sugar Cookie Milk Diet - Shortbread Cookies</p> <p>ALT: Hummus w/Pita</p>

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