

LUNCH CALENDAR

JUNE, 2019

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOOA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Goulash Summer Squash Tossed Salad Baked Apples 3	Oriental Pepper Steak Steamed Brown Rice Far East Vegetables Tropical Fruit 4	Roast Pork Scalloped Potatoes Cooked Cabbage Applesauce Brownies 5	Mushroom Swiss Burger Potato Chips Baked Beans Mixed Vegetables Orange Segments 6	SUMMERTIME BASH at PMC. Home Delivery Menu ONLY: Cold Plate Ham Salad (LS Alt=Chicken Salad) Lettuce & Tomato Broccoli Salad Ambrosia 7
Chili w/Beans Mexican Style Rice Seasoned Corn Fresh Tangerine Yogurt 10	Hot Dogs (LS Alt=Chicken Breast) Macaroni & Cheese California Blend Vegetables Peaches Juice 11	Chicken Breast Sandwich O'Brien Potatoes Buttered Beets Fruit Salad Wauseon Site Only: Fish Sandwich 12	Chicken Alfredo Pasta Peas Green Salad Pineapple Casserole 13	Country Fried Steak Country Gravy Mashed Potatoes Succotash Apricots 14
Sausage, Egg & Cheese Breakfast Sandwich Hash Brown Casserole Fruit Crisp Fresh Fruit 17	Breaded Pork Chops Redskin Potatoes Winter Blend Vegetables Pears 18	Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit Cookies 19	Beef & Vegetable Soup Turkey Sandwich Broccoli Salad 5 Cup Salad 20	Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Applesauce 21
Hot Chicken Sandwich Roasted Potatoes Midori Blend Vegetables Pineapple Chunks 24	Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Peaches Sites Only: Taco Day 25	Shepherd's Pie Brussels Sprouts Green Salad Fruit Crisp 26	Grilled Bratwurst w/Peppers & Onions (LS Alt=Turkey Franks) Smashed Red Potatoes Green Peas Fresh Oranges 27	Chicken & Rice Soup Ham & Cheese Sandwich Cucumber Salad Jell-O 28