



## Denton County June 2019

Cycle 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Potato Half Beef and Bean Chili Parslied Carrots Saltine Crackers Frosted Cherry Gelatin Milk Sour Cream Diet - Gelatin  Cal: 571    Fat: 18g  <div style="text-align: right;">3</div>	Chicken and Sausage Jambalaya Squash Medley Mixed Greens Cornbread Caramel Vanilla Pudding Milk Diet - Vanilla Pudding  Cal: 796    Fat: 27g  <div style="text-align: right;">4</div>	Sweet and Sour Pork Brown Rice Japanese Vegetables Fortune Cookie Fresh Banana Milk Diet - Same  Cal: 789    Fat: 28g  <div style="text-align: right;">5</div>	Turkey Breast with Gravy Mixed Vegetables Rosemary Potatoes Dinner Roll Chocolate Pie^ Milk Diet - Cookie  Cal: 843    Fat: 32g  <div style="text-align: right;">6</div>	Beef Patty^ Lettuce/Tomato/Onion Sweet Potato Tots Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits  Cal: 870    Fat: 32g  <div style="text-align: right;">7</div>
Sausage with Red Beans Cajun Rice Okra and Tomatoes Cornbread Oatmeal Cream Cookie Milk Diet - Same  Cal: 862    Fat: 27g  <div style="text-align: right;">10</div>	Sloppy Joe Whole Kernel Corn Summer Vegetables Hamburger Bun Banana Pudding Milk Diet - Vanilla Pudding  Cal: 823    Fat: 24g  <div style="text-align: right;">11</div>	Pulled Chicken with Gravy^ Macaroni and Cheese Country Vegetables Whole Wheat Bread Fruited Lemon Gelatin Milk Diet - Fruited Gelatin  Cal: 731    Fat: 17g  <div style="text-align: right;">12</div>	Tuna Tetrazzini Tossed Salad Herbed Green Beans Dinner Roll Apple Cobbler Milk Ranch Salad Dressing Diet - Sliced Pears  Cal: 807    Fat: 25g  <div style="text-align: right;">13</div>	<b><u>Father's Day Meal</u></b> Swiss Steak* Twice Whipped Potatoes Cucumber Onion Salad Dinner Roll Peach Cobbler Milk Diet - Spiced Peaches  Cal: 868    Fat: 31g  <div style="text-align: right;">14</div>
Meatloaf* Tomato Gravy Garlic Whipped Potatoes Catalina Vegetables Whole Wheat Bread Gingerbread Cookie Milk Diet - Same  Cal: 616    Fat: 17g  <div style="text-align: right;">17</div>	Turkey Pasta Bolognese Sliced Carrots Cauliflower Dinner Roll Fruited Strawberry Gelatin Milk Diet - Fruited Gelatin  Cal: 640    Fat: 14g  <div style="text-align: right;">18</div>	<b><u>Juneteenth</u></b> Chopped BBQ Beef Herbed Potato Salad Baked Beans Hamburger Bun Cranapple Cobbler Milk Diet - Spiced Mixed Fruit  Cal: 872    Fat: 17g  <div style="text-align: right;">19</div>	Beef Patty^ Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit  Cal: 945    Fat: 37g  <div style="text-align: right;">20</div>	Chicken Quesadilla Casserole Mexican Rice Fiesta Vegetables Saltine Crackers Fudge Cream Cookie Milk Diet - Same  Cal: 708    Fat: 18g  <div style="text-align: right;">21</div>
Swedish Chicken Meatballs* Egg Noodles Broccoli Whole Wheat Bread Fig Bar Milk Diet - Same  Cal: 705    Fat: 23g  <div style="text-align: right;">24</div>	Turkey Pastrami Swiss Cheese Lettuce and Tomato Fruit Salad Whole Wheat Bread (2) Strawberry Shortcake Cookie Milk Mustard Diet - Cookie Cal: 695    Fat: 23g  <div style="text-align: right;">25</div>	Pork Carnitas Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet - Applesauce  Cal: 729    Fat: 15g  <div style="text-align: right;">26</div>	Balsamic Brown Sugar Chicken Breast^ Creamy Diced Potatoes Parslied Carrots Whole Wheat Bread Cherry Upside Down Cake^ Milk Diet - Cake  Cal: 712    Fat: 15g  <div style="text-align: right;">27</div>	10 Grain Pollock Spanish Rice Mixed Vegetables Dinner Roll Chocolate Chip Pudding Milk Tartar Sauce Diet - Chocolate Pudding  Cal: 827    Fat: 26g  <div style="text-align: right;">28</div>

Allison Senter, RD, LD

#DT84287

^ Upgrade  
 New Menu Item  
 Vegetarian Entrée  
 Meal ≥ 1,000 mg sodium  
 \* Soy containing item ( ≤ 6.5% of total volume)